

# Mistreated

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**Count:** 32      **Wall:** 4      **Level:** High Improver

**Choreographer:** Martie Papendorf . South Africa. Nov 2014

**Music:** I Been Mistreated - Rafal Neal. [2:59 - 104 bpm]

## **No Tag Or Restart. - Start on vocals after 24 counts [+/- 14 sec.]**

### **S1: Step and twist R L, Chasse ¼ right, Side ¼ left, Touch, Shuffle ¾ right**

- 1,2**      Step R to right side twisting upper body to right, Shift weight to L twisting upper body to left,
- 3&4**      Step R to right side, Step L next to R, Step R fwd making a ¼ turn right, [3.00]
- 5,6**      Step L to left side making a ¼ turn left, Touch R next to L, [12.00]
- 7&8**      Step R fwd making a ¼ turn right, [3.00] Step L next to R making a ¼ turn left [6.00], Step R fwd making a ¼ turn right [9.00]

### **S2: Step fwd, Scuff, Lockstep fwd, &, Out, &, Touch, 3 knee pops**

- 1,2**      Step L fwd, Scuff R next to L,
- 3&4**      Step R across L, Step L behind R, Step R fwd,
- &5&6**      Step L out, Step R out, Step L in, Touch R next to L popping R knee across L,
- 7&8**      Step R next to L popping L knee across R, Step L next to R popping R knee across L, Step R next to L popping L knee across R [9.00]

### **S3: Rock fwd, Recover, Shuffle back, Rock back, Recover, Shuffle ½ left**

- 1,2**      Rock L fwd, Recover R back,
- 3&4**      Step L back, Step R next to L, Step L back,
- 5,6**      Rock R back, Recover L fwd,
- 7&8**      Shuffle ½ left stepping R, L, R [3.00]

### **S4: Back, Kick, Rock back, Recover, Cross, Rock out, Recover, Cross shuffle**

- 1,2**      Step L back, Kick R fwd,
- 3,4**      Rock R back, Recover L fwd,
- 5,6&**      Step R across L, Rock L out to left side, Recover R to right side,
- 7&8**      Step L across R, Step R to right side, Step L across R [3.00]

## **START AGAIN**

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