

# Messed Up In Memphis (□□□ )

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dee Musk (UK) (May 2010)

**Music:** Messed Up In Memphis-Darryl Worley (Album-Sounds Like Life CD Single 160bpm)

□□□ **64 Count**

**Quick Beat Intro - Start on Vocals - Approx 24 secs - 3 mins 50 secs**

□□□

**Side Touch, Touch Out Touch In, Side**

**Touch, Touch Out Touch In.**

□□ □ □ □ , □□ □ □ □

**1,4**

**Step L To L Side, Touch R Beside L, Touch R To R Side, Touch R Beside L.**□□□□ , □□□□ ,  
□□□□ , □□□□

**5,8**

**Step R To R Side, Touch L Beside R, Touch L To L Side, Touch L Beside R.**

**(12 O'Clock)** □□□□ , □□□□ , □□□□ , □□□□ (□□ 12□□ )

□□□

**Scissor Cross Hold, Rock ¼ Turn L**

**Step Hold.**

□□□ □ , □□□ **1/4**□□ □ □

**1,4**

**Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.**

□□□□ , □□□□ , □□□□□□□□ , □

5,8

**Rock R Out To R Side, Recover Making A ¼ Turn L, Step Forward On R, Hold**

**Count 8.(9 O’Clock).**

□□□□ , □ 90□□□□ , □□□□ , □ (□ 9□ )

□□

**Full Triple Turn R Hold, Step Touch**

**Step Kick.**

□□□□

□ , □ □ □

□

1,4

**Travelling Forward Make A Triple Turn R Stepping L, R, L Hold Count 4.**

□□□□□□□□ -□ , □ , □ , □

**(Easier**

**Option Shuffle Forward Stepping L,R,L Hold Count 4).**

□□ -□□ -□ , □ , □ , □

5,8

**Step Forward On R, Touch L Toe Behind R, Step Back On L, Kick R Forward.**

**(9 O’Clock).** □□□□ , □□□□ , □□□□ , □□□□ (□ 9□ )

□□

**Back Step Lock Step Hold, Rocking**

**Chair.** □□ □ , □□

1,4

**Step Back On R, Cross Step L Over R, Step Back On R, Hold Count 4.**

□□□□ , □□□□□□□□ , □□□□ , □

5,8

**Rock Back On L, Recover Weight To R, Rock Forward On L, Recover Weight To R. (9 O'Clock).**

□□□□ , □□□□ , □□□□ , □□□□ (□□ 9□□ )

**Restart**

**During Wall 4, Dance Up To And Including Section 4**

**Then Begin Again Facing The 12 O'Clock Wall.**

□□□□□□ , □□ 12□□□□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Scissor Cross Hold, Side Behind ¼ Turn R Hold.

mso-font-kerning:0pt">□□□ □ , □

□ 1/4

mso-font-kerning:0pt">□

1,4

**Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.**

□□□□ , □□□□ , □□□□□□□□ , □

5,8

**Step R To R Side, Cross Step L Behind R, Make A ¼ Turn R Stepping**

**Forward On R, Hold Count 8. (12 O'Clock).**

□□□□ , □□□□□□□□ , □□ 90□□□□ , □ (□□ 12□□ )

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step ½ Turn Step R Hold, ½ Turn L Touch, ½ Turn L

**Brush.**

mso-font-kerning:0pt">□ □ □ □ , □

□ □ □

**1,4**

**Step Forward On L, Make A ½ Turn R, Step Forward On L, Hold Count 4.**

□□□□ , □□ 180□ , □□□□ , □

**5,8**

**Make A ½ Turn L Stepping Back On R, Touch L Toe Beside R, Make A ½ Turn**

**L Stepping Forward On L, Brush R Forward, (6 O'Clock).**

□□ 180□□□□□ , □□□□□ , □□ 180□□□□□ , □□□□ (□□ 6□□ )

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Mambo Forward Hold, Sailor ¼ Turn L Hold.

mso-font-kerning:0pt">□□□ □ , 1/4

mso-font-kerning:0pt">□□□ □

**1,4**

**Rock Forward On R, Recover Weight To L, Step Back On R, Hold Count 4.**

□□□□ , □□□□ , □□□□ , □

5,8

**Make A Sailor ¼ Turn L Cross Stepping L Behind R, Step R To R Side, Step Forward On L, Hold Count 8 (3 O'Clock).**

□ 90□□□□□□□□ , □□□□ , □□□□ , □ (□□ 3□□ )

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step ½ Turn Step L, Hold, ½ Turn R Touch, ½ Turn R

**Brush.**

mso-font-kerning:0pt">□ □ □ □ , □

□ □

1,4

**Step Forward On R, Make A ½ Turn L, Step Forward On R, Hold Count 4.**

□□□□ , □□ 180□ , □□□□ , □

5,8

**Make A ½ Turn R Stepping Back On L, Touch R Toe Beside L, Make A ½ Turn R Stepping Forward On R, Brush L Forward. (9 O'Clock).**

□□ 180□□□□□□ , □□□□□□ , □□ 180□□□□□□ , □□□□ (□□ 9□□ )