

# Messed Up

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**Count:** 48      **Wall:** 4      **Level:** Improver / Intermediate

**Choreographer:** Peter Davenport (Spain) Nov 2016

**Music:** He's Messed Up - Jo Dee Messina, 2.58

## #16 Count Intro, Approx 7 Seconds, Start On Vocals (she will sing I)

### S1: Step L to L, R Sailor, Cross L Behind R, $\frac{1}{4}$ R, Toe Touches

1            Step L to L 12

2&3        Sailor step R 12

### 4.5 Cross L behind R, $\frac{1}{4}$ R step on R 3

6&7        Touch L toe forward, Bring L to R, Switch and touch R toe 3

&8&        Bring R to L, Switch and touch L toe forward, Bring L to R 3

### S2: Pivot $\frac{1}{4}$ L, Cross Shuffle, $\frac{1}{4}$ R, $\frac{1}{4}$ R, Cross Shuffle

### 1.2 Step forward on R, Pivot $\frac{1}{4}$ L 12

3&4        Cross shuffle R foot leading 12

### 5.6 $\frac{1}{4}$ Step back on L, $\frac{1}{4}$ R step R to R 6

7&8        Cross shuffle L foot leading 6

### S3: Side Rock Behind Side Cross, Side Rock Behind Side $\frac{1}{4}$ R

### 1.2 Rock R to R, Recover on L 6

3&4        Cross R behind L, Step L to L, Cross R over L 6

### 5.6 Rock L out to L, Recover on R 6

7&8        Cross L behind R,  $\frac{1}{4}$  R step on R, Step forward on L 9

### S4: Step Pivot $\frac{1}{2}$ Shuffle, Reverse $\frac{1}{2}$ Shuffle, Coaster Step

### 1.2 Step forward on R, Pivot $\frac{1}{2}$ L 3

### 3&4 R shuffle forward 3

5&6        Reverse  $\frac{1}{2}$  shuffle, turning to your R, L.R.L 9

## **7&8R coaster step 9**

**\*Restart wall 3**

**S5: Side Behind & Cross Step, Sailor ¼ R, Rock Replace**

- 1 Step L to L 9
- 2&3 Cross R behind L, Step L to L, Cross Rover L 9
- 4 Step L to L 9

**5&6R ¼ sailor step forward on R 12**

**7.8Rock forward on L, Recover on R 12**

**S6: R Back Lock Step, L Back Lock Step, ¼ Coaster Step L, Step, HOLD**

**1&2L back lock step 12**

**3&4R back lock step 12**

**5&6L ¼ turning L coaster step 9**

**7.8Step forward on R, HOLD 9**

**\*Restart on Wall 3, Dance up to and including count 7&8 on S4 step L to L**

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