

He's Messed Up

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Count: 48

Wall: 4

Level: Beginner / Intermediate

Choreographer: Dee Blansett (Feb 2015)

Music: He's Messed Up by: Jo Dee Messina

S1: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2 Hop/Step forward Right (&), Left (1), Hold (2)

&3-4 Hop/Step Back-bringing feet closer together Right (&), Left (3), Hold (4)

5&6 Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)
Tap Left heel forward (6)

7-8(Pull left foot back to center - Walk forward Right (7), Left (8))

S2: Syncopated Hops Forward & Back with Holds; Alternating Heel Taps, Walk, Walk

&1-2 Hop/Step forward Right (&), Left (1), Hold (2)

&3-4 Hop/Step Back Right (&), Left (3), Hold (4)

5&6 Touch Right Heel Forward (5) Pull right foot back to center - switch weight to right foot (&)
Tap Left heel forward (6)

7-8(Pull left foot back to center - Walk forward Right (7), Left (8))

S3: Shuffle Forward Rock- Step; Shuffle Backward Rock-Step

1&2 Shuffle step forward Right (1), Left (&), Right (2)

3-4 Rock forward on Left foot (3) Recover to Right (4)

5&6 Shuffle step backward Left (5), Right (&), Left (6)

7-8 Rock back on Right (7), Recover to Left (8)

S4: Shuffle ½ Turn Left, Rock-Step, Shuffle ½ Turn Right Rock-Step

1&2 Turn 1/4 turn left- Stepping Right to right side (1), Step Left next to right (&) Turn ¼ turn left -Stepping back on Right (2)

3-4 Rock back on Left (3), Recover on Right (4)

5&6 Turn ¼ turn Right- Stepping Left side left (5), Step Right next to Left (&), Turn ¼ turn Right- Stepping back on Left (6)

7-8 Rock back on Right (7), Recover on Left (8) 12:00

**** Restart here on wall 3 facing 6:00**

S5: R & L Toe Struts, Boogie Walk Slightly Forward (x4)

- 1-4** Touch Right Toe Forward (1), Drop heel down (2) Touch Left toe forward (3), Drop heel down (4)
- 5-8** Swivel walk slightly forward- Right (5) Left (6), Right (7), Left (8)

S6: Step Touches (R&L), Step side, ¼ Left & Hook Left in front of Right, Shuffle Forward Left

- 1-4** Step Right side right (1), Touch Left beside right (2), Step Left side left (3), Touch Right beside left (4)
- 5-6** Step Right side right (5), ¼ Left and hook Left in front of right (6)
- 7&8** Shuffle step forward Left (1), Right (&), Left (2)

Repeat!

Restart: on wall rotation 3, dance 32 counts in and Restart facing 6:00.

Instructor: Dee Blansett, Concord, OH

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