



Meltdown



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Press, Cross, 1/4 Turn, Hold, Together, Step, 1/4 Turn, Side, Cross		
1 - 2	Press right to right side. Recover onto left.	Right Press	Right
3 & 4	Cross right over left. Make 1/4 turn right stepping left back. Hold. (3:00)	Cross Turn Hold	Turning right
& 5 - 6	Step right beside left. Step left forward. Start 1/4 right stepping right forward.	Together Left Right	
7 & 8	Finish 1/4 turn right stepping left back. Step right to side. Cross left over right.	Turn Side Cross	
Section 2	& Together, Kick, Cross, 1/4 Turn Shuffle, Rock, 1/4 Turn		
& - a - 1	Small step right on ball of right. Step left beside right. Kick right to right.	& Together Kick K	Right
2	Cross right over left. (6:00)	Cross	Left
3 & 4	Turn 1/4 right stepping left back. Close right beside left. Step left forward.	Shuffle Turn	Turning right
& 5 - 6	Small step forward on ball of right. Larger step forward left. Step right forward.	& Left Right	Forward
7 & 8	Rock left forward. Recover onto right. Turn 1/4 right stepping left back. (12:00)	Rock & Turn	Turning right
Section 3	1/4, 1/2, Back Step x 2, 1/4 Turn x 2, Step, & Step, Skate x 2, Step, Cross		
& - a	Turn 1/4 right stepping right forward. Turn 1/2 right stepping on right.	Turn Turn	Turning right
1	Step left back popping right knee and lifting right shoulder.	Back	Back
2	Step right back popping left knee and lifting left shoulder. (9:00)	Back	
3 &	Turn 1/4 right stepping left back. Turn 1/4 right stepping right forward.	Turn Turn	Turning right
4	Step forward left. (Facing 3:00)	Step	Forward
& 5	Step right slightly forward on ball of foot. Step left slightly forward and to side.	& Step	
6 - 7	Skate back right. Skate back left.	Skate Skate	Back
& 8	Step right slightly back and to right side. Cross left over right. (3:00)	Back Cross	Right
Section 4	1/4, Side, 1/4, & 1/4 Cross, 1/4, Step, Cross, 1/4 x 2, Side, Cross		
& - a	Turn 1/4 right stepping right forward. Bring left knee up slightly.	Turn Knee	Turning right
1 - 2	Step left to side. Turn 1/4 right stepping right to right side. (9:00)	Side Turn	
& 3	Step left slightly forward on ball of foot. Turn 1/4 right crossing right over left.	& Turn	
4	Turn 1/4 right stepping left back. (3:00)	Turn	
& 5	Step on ball of right to right. Cross left over right.	& Cross	Right
6 - 7	Turn 1/4 right stepping right forward. Turn 1/4 right stepping left back.	Turn Turn	Turning right
8 &	Step right to right side. Cross left over right (9:00)	Side Cross	Right

INTERMEDIATE

4 Wall Line Dance:- 32 Counts. Intermediate Level.

Choreographed by:- Scott Blevins (USA) August 2005.

Choreographed to:- 'Teary Eyed' by Missy Elliott from The Cookbook Album (16 count intro from first note of piano).