

Mistreated

32 Count, 4 Wall, Intermediate

Choreographer: Martie Papendorf (South Africa) Nov 2014

Choreographed to: I Been Mistreated by Raful Neal
(2:59 – 104 bpm)

Start on vocals after 24 counts [+/- 14 sec.]

- S1: Step and twist R L, Chasse $\frac{1}{4}$ right, Side $\frac{1}{4}$ left, Touch, Shuffle $\frac{3}{4}$ 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 $\frac{1}{4}$ turn right, [3.00]
5,6 Step L to left side making a $\frac{1}{4}$ turn left, Touch R next to L, [12.00]
7&8 Step R fwd making a $\frac{1}{4}$ turn right, [3.00] Step L next to R making a $\frac{1}{4}$ turn left [6.00],
Step R fwd making a $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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]