

Messed Up

48 Count, 4 Wall, Intermediate

Choreographer: Peter Davenport (ES) Nov 2016

Choreographed to: He's Messed Up by Jo Dee Messina

Track: 2:58m**Intro: 16 Count, Approx 7 Seconds, Start On Vocals (she will sing I)****Section 1 Step L to L, R Sailor, Cross L Behind R, ¼ R, Toe Touches**

1 Step L to L (12)
2&3 Sailor step R (12)
4.5 Cross L behind R, ¼ 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)

Section 2 Pivot ¼ L, Cross Shuffle, ¼ R, ¼ R, Cross Shuffle

1.2 Step forward on R, Pivot ¼ L (12)
3&4 Cross shuffle R foot leading (12)
5.6 ¼ Step back on L, ¼ R step R to R (6)
7&8 Cross shuffle L foot leading (6)

Section 3 Side Rock Behind Side Cross, Side Rock Behind Side ¼ 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, ¼ R step on R, Step forward on L (9)

Section 4 Step Pivot ½ Shuffle, Reverse ½ Shuffle, Coaster Step

1.2 Step forward on R, Pivot ½ L (3)
3&4 R shuffle forward (3)
5&6 Reverse ½ shuffle, turning to your R, L.R.L (9)
7&8 R coaster step (9)
***Restart wall 3**

Section 5 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&6 R ¼ sailor step forward on R (12)
7.8 Rock forward on L, Recover on R (12)

Section 6 R Back Lock Step, L Back Lock Step, ¼ Coaster Step L, Step, HOLD

1&2 L back lock step (12)
3&4 R back lock step (12)
5&6 L ¼ turning L coaster step (9)
7.8 Step forward on R, HOLD (9)

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