



Approved by:

Dee
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Messed Up In Memphis

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 6 7 – 8	Side, Touch x 3, Side, Touch x 3 Step left to left side. Touch right beside left. Touch right to right side. Touch right beside left. Step right to right side. Touch left beside right. Touch left to left side. Touch left beside right.	Side Touch Out In Side Touch Out In	Left On the spot Right On the spot
Section 2 1 – 4 5 – 6 7 – 8	Scissor Cross, Hold, Rock 1/4 Turn, Step, Hold Step left to left side. Close right beside left. Cross left over right. Hold. Rock right to right side. Recover onto left making 1/4 turn left. Step right forward. Hold. (9:00)	Scissor Cross Hold Rock Turn Step Hold	On the spot Turning left Forward
Section 3 1 – 4 Option 5 – 8	Triple Full Turn, Hold, Step, Touch, Step, Kick Triple step full turn right (travelling forward) stepping - left, right, left. Hold. Replace full turn with forward shuffle stepping - left, right, left. Hold. Step right forward. Touch left toe behind right. Step left back. Kick right forward	Triple Full Turn Hold Step Touch Step Kick	Turning right On the spot
Section 4 1 – 4 5 – 8 Restart	Back Lock Step, Hold, Rocking Chair Step right back. Lock left across right. Step right back. Hold. Rock back on left. Recover onto right. Rock forward on left. Recover onto right. Wall 4 (facing 12:00): At this point start dance again from the beginning	Back Lock Back Hold Rocking Chair	Back On the spot
Section 5 1 – 4 5 – 6 7 – 8	Scissor Cross, Hold, Side, Behind, 1/4 Turn, Hold Step left to left side. Close right beside left. Cross left over right. Hold. Step right to right side. Cross left behind right. Make 1/4 turn right stepping right forward. Hold. (12:00)	Scissor Cross Hold Side Behind Turn Hold	On the spot Right Turning right
Section 6 1 – 4 5 – 6 7 – 8	Step, Pivot 1/2, Step, Hold, 1/2 Turn, Touch, 1/2 Turn, Brush Step left forward. Pivot 1/2 turn right. Step left forward. Hold. Make 1/2 turn left stepping back on right. Touch left toe beside right. Make 1/2 turn left stepping left forward. Brush right forward. (6:00)	Step Pivot Step Hold Turn Touch Turn Brush	Turning right Turning left
Section 7 1 – 4 5 – 7 8	Forward Mambo, Hold, Sailor 1/4 Turn, Hold Rock forward on right. Rock back on left. Step right back. Hold. Turn 1/4 left crossing left behind right. Step right to right side. Step left forward. Hold. (3:00)	Forward Mambo Hold Sailor Quarter Turn Hold	On the spot Turning left On the spot
Section 8 1 – 4 5 – 6 7 – 8	Step, 1/2 Turn, Step, Hold, 1/2 Turn, Touch, 1/2 Turn, Brush Step right forward. Pivot 1/2 turn left. Step right forward. Hold. Make 1/2 turn right stepping left back. Touch right toe beside left. Make 1/2 turn right stepping right forward. Brush left forward. (9:00)	Step Pivot Step Hold Turn Touch Turn Brush	Turning left Turning right

Choreographed by: Dee Musk (UK) May 2010

Choreographed to: 'Messed Up In Memphis' by Darryl Worley (160 bpm) from CD Sounds Like Life; also available as download from amazon.co.uk or iTunes (start on vocals - 64 count quick beat intro, approx 24 secs)

Restart: There is one Restart, during Wall 4, at the end of Section 4



A video clip of this dance is available at www.linedancermagazine.com