

## Messed Up In Memphis

64 Count, 4 Wall, Intermediate, 2 Step

Choreographer: Dee Musk (UK) May 2010

Choreographed to: Messed Up In Memphis by Darryl

Worley, Album: Sounds Like Life (160 bpm)

---

64 Count Quick Beat Intro – Start on Vocals - Approx 24 secs – 3 mins 50 secs

**1 SIDE TOUCH, TOUCH OUT TOUCH IN, SIDE TOUCH, TOUCH OUT TOUCH IN.**

1,4 Step L to L side, touch R beside L, touch R to R side, touch R beside L.

5,8 Step R to R side, touch L beside R, touch L to L side, touch L beside R. **(12 o'clock).**

**2 SCISSOR CROSS HOLD, ROCK ¼ TURN L STEP HOLD.**

1,4 Step L to L side, close R beside L, cross step L over R, hold count 4.

5,8 Rock R out to R side, recover making a ¼ turn L, step forward on R, hold count 8 **(9 o'clock)**

**3 FULL TRIPLE TURN R HOLD, STEP TOUCH STEP KICK.**

1,4 Travelling forward make a triple turn R stepping L, R, L hold count 4.

**(Easier Option shuffle forward stepping L,R,L hold count 4).**

5,8 Step forward on R, touch L toe behind R, step back on L, kick R forward. **(9 o'clock).**

**4 BACK STEP LOCK STEP HOLD, ROCKING CHAIR.**

1,4 Step back on R, cross step L over R, step back on R, hold count 4.

5,8 Rock back on L, recover weight to R, rock forward on L, recover weight to R. **(9 o'clock).**

**Restart here during wall 4, begin again facing 12 o'clock wall.**

**5 SCISSOR CROSS HOLD, SIDE BEHIND ¼ TURN R HOLD.**

1,4 Step L to L side, close R beside L, cross step L over R, hold count 4.

5,8 Step R to R side, cross step L behind R, make a ¼ turn R stepping forward on R, hold count 8. **(12 o'clock).**

**6 STEP ½ TURN STEP R HOLD, ½ TURN L TOUCH, ½ TURN L BRUSH.**

1,4 Step forward on L, make a ½ turn R, step forward on L, hold count 4.

5,8 Make a ½ turn L stepping back on R, touch L toe beside R, make a ½ turn L stepping forward on L, brush R forward, **(6 o'clock).**

**7 MAMBO FORWARD HOLD, SAILOR ¼ TURN L HOLD.**

1,4 Rock forward on R, recover weight to L, step back on R, hold count 4.

5,8 Make a sailor ¼ turn L cross stepping L behind R, step R to R side, step forward on L, hold count 8 **(3 o'clock).**

**8 STEP ½ TURN STEP L, HOLD, ½ TURN R TOUCH, ½ TURN R BRUSH.**

1,4 Step forward on R, make a ½ turn L, step forward on R, hold count 4.

5,8 Make a ½ turn R stepping back on L, touch R toe beside L, make a ½ turn R stepping forward on R, brush L forward. **(9 o'clock).**

**Restart:** During wall 4, dance up to and including section 4 then begin again facing the 12 o'clock wall.

**Have Fun Luv Dee xx**

---

Music download available from iTunes