All Messed Up
Choreographed by Robert Hocking

Description:64 count, low intermediate partner/circle dance
Music:**Messed Up In Memphis** by Darryl Worley
 Position:Sweetheart Position facing LOD. Same footwork unless stated
 Start on vocals
STEP, HOLD, STEP, HOLD, STEP LOCK STEP, HOLD
1-4Step left forward, hold, step right forward, hold
5-8Step left forward, lock right behind, step left forward, hold
STEP, HOLD TURN, HOLD WALK X3 HOLD
9-12**MAN:** Step right forward, hold, rock left back, hold
 **LADY:** Step right forward, hold, turn ½ left, hold
13-16**MAN:** Turn ½ right and step right forward, step left together, step left forward, hold
 **LADY:** Step right forward, step left together, step left forward, hold
Raise right arms over lady's head on count 10 as you turn ending in VW facing RLOD
LEFT MAMBO, HOLD, CROSS HOLD, UNWIND ½ TURN HOLD
17-20Rock left forward, recover to right, step left back, hold
21-24Cross right over, hold, unwind ½ right, hold
Release left hands on turn, rejoining in sweetheart, facing LOD
LEFT STEP, LOCK, STEP, HOLD, RIGHT STEP LOCK STEP HOLD
25-28Step left forward, lock right behind, step left forward, hold
29-32Step right forward, lock left behind, step left forward, hold
STEP, HOLD, STEP, HOLD (LADY TURN) LEFT MAMBO, HOLD
Raise left arms over lady's head as she turns
33-36**MAN:** Step left forward, hold, step right forward, hold
 **LADY:** Lady turn ½ right and step left, hold, step right forward, hold
37-40**MAN:** Rock left forward, recover to right, step left together, hold
 **LADY:** Rock left back, recover to right step right together, hold
VINE RIGHT, HOLD, TURN ½ LEFT, HOLD
Release right hands on vine
41-44Step right side, cross left behind, step right side, hold
Release hands on turn
45-48Step left forward, turn ½ right (weight to right), step left forward, hold
VINE RIGHT, HOLD, MAMBO BACK, MAN TURN ½ LEFT
Vine passing behind lady, back to back
49-52Step right side, cross left behind, step right side, hold
53-56**MAN:** Rock left forward, recover to right, turn ½ left and step left forward, hold
 **LADY:** Rock left back, recover to right, step left forward, hold
Rejoin in Sweetheart
STEP HOLD, STEP, HOLD, WALK HOLD, (LADY TURNING)
57-60Step right forward, hold, step left forward, hold
61-64Step right forward, step left forward, step right forward, hold
Releasing left hands, lady full turn left on right-left-right
REPEAT