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