

Meltdown

32 count, 4 wall, intermediate level

Choreographer: Scott Blevins (US) Aug 05

Choreographed to: Teary Eyed by Missy Elliott, CD

The Cookbook

Count in: 16 counts from first note of Piano.

- 1-2 1) Press R to Right Side; 2) Recover weight onto L
3&4 3) Step R across and in front of L; &) Make 1/4 turn Right stepping back on L; 4) Hold position (Facing 3 O'clock)
&5-6 &) Step R next to L; 5) Step forward on L; 6) Start making 1/4 turn Right stepping forward on R
7&8 7) Finish making 1/4 turn R stepping back on L &) Step R to Right side; 8) Step L across and in front of R
- &-a-1-2 &) Take a small step to Right on ball of R; a) Step L next to R; 1) Kick R to Right 2) Step R across and in front of L (facing 6 O'clock)
3&4 3) Make a 1/4 turn R stepping back on L; &) Close R next to L; 4) Step forward on L
&5-6 &) Take a small step forward on Ball of R; 5) Take a larger step forward on L; 6) Step forward on R
7&8 7) Rock forward on L; &) Recover weight onto R; 8) Make a 1/4 turn Right stepping back on L (Facing 12 O'clock)
- &-a-1-2 &) Make a 1/4 turn Right stepping forward on R; a) Make 1/2 turn Right on R; 1) Step back on L popping R knee and lifting R shoulder; 2) Step back on R popping L knee and lifting L Shoulder (Facing 9 O'clock)
3&4 3) Make a 1/4 turn Right stepping back on L; &) Make a 1/4 turn Right stepping forward on R;
4) Step forward on L (Facing 3 O'clock)
&5 &) Step slightly forward on ball of R; 5) Step L slightly forward and to Left side
6-7 6) Skate back on R; 7) Skate back on L
&8 &) Step slightly back and to the Right on R; 8) Step L across and in front of R (Still Facing 3 O'clock)
- &-a-1-2 &) Make 1/4 turn Right stepping forward on R; a) Bring L knee up slightly; 1) Step L to Left side;
2) Make 1/4 turn Right stepping R to Right side (Facing 9 O'clock)
&3-4 &) Step slightly forward on ball of L; 3) Make 1/4 turn Right stepping R across and in front of L;
4) Make 1/4 turn Right stepping back on L (Facing 3 O'clock)
&5-6 &) Step on R ball to Right; 5) Step L across and in front of R; 6) Make 1/4 turn Right stepping forward on R (Facing 6 O'clock)
7-8& 7) Make 1/4 turn Right stepping back on L; 8) Step R to Right side; &) Step L across and in front of R (Facing 9 O'clock)

Begin Again