

Mistreated.

Dance-in-Line

WorX.

32 Counts, 4 Wall, High Improver level linedance.

Choreographer- Martie Papendorf. South Africa. Nov. 2014

Music- I Been Mistreated. Rafal Neal. 2:59

104bpm

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Start on vocals after 24 counts [+/- 14 sec.]

1 Step and twist R L, Chasse ¼ right, Side ¼ left, Touch, Shuffle ¾ right

- 1,2 Step R to right side twisting upper body to right,
Shift weight to L twisting upper body to left,
- 3&4 Step R to right side, Step L next to R, Step R fwd making a ¼ turn right, [3.00]
- 5,6 Step L to left side making a ¼ turn left, Touch R next to L, [12.00]
- 7&8 Step R fwd making a ¼ turn right, [3.00] Step L next to R making a ¼ turn left [6.00],
Step R fwd making a ¼ turn right [9.00]

2 Step fwd, Scuff, Lockstep fwd, &, Out, &, Touch, 3 knee pops

- 1,2 Step L fwd, Scuff R next to L,
- 3&4 Step R across L, Step L behind R, Step R fwd,
- &5&6 Step L out, Step R out, Step L in, Touch R next to L popping R knee across L,
- 7&8 Step R next to L popping L knee across R, Step L next to R popping R knee across L,
Step R next to L popping L knee across R [9.00]

3 Rock fwd, Recover, Shuffle back, Rock back, Recover, Shuffle ½ left

- 1,2 Rock L fwd, Recover R back,
- 3&4 Step L back, Step R next to L, Step L back,
- 5,6 Rock R back, Recover L fwd,
- 7&8 Shuffle ½ left stepping R, L, R [3.00]

4 Back, Kick, Rock back, Recover, Cross, Rock out, Recover, Cross shuffle

- 1,2 Step L back, Kick R fwd,
- 3,4 Rock R back, Recover L fwd,
- 5,6& Step R across L, Rock L out to left side, Recover R to right side,
- 7&8 Step L across R, Step R to right side, Step L across R [3.00]

START AGAIN

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YouTube-<http://www.youtube.com/user/LinedanceInTheStrand>