Mixed Emotions



Count: 48 Wand: 4 Ebene:

Choreograf/in: Bryan Sabo (USA) - April 2024

Musik: High Heels - Party Down Under - Flo Rida, Walker Hayes & Sam Feldt



Tag on wall 3

Dance starts on the lyric "Parties" in first chorus

[1-8] Sailor Steps x4 starting with weight on RF

1&2	Step LF behind RF, Shift weight to RF, step LF next to RF
3&4	Step RF behind LF, Shift weight to LF, step RF next to LF
5&6	Step LF behind RF, Shift weight to RF, step LF next to RF
7&8	Step RF behind LF, Shift weight to LF, step RF next to LF

[9-16] Rock recover, 3/4 spin, body roll, shuffle back, hitch

9-10	Rock LF behind RF, shift weight back to RF
11-12	Spin ¾ turn R landing forward on LF and starting body roll
13&14	Finish body roll ending weight back on RF, Touch LF to RF, Step RF back

15-16 Hitch LF, Step LF forward

[17-24] 1 1/4 turn L, Slide touch, step turn

17-20	1 1/4 turn L while stepping RF, LF, Slide out on RF, Touch LF to RF
21-24	Step LF ¼ turn L, Step RF forward, ½ turn L, Step RF forward

[25-32] Paddle ½ turn R, R coaster step, step, kick, walk back

25-26	Step LF forward pushing ½ turn R, Land back on LF
27&28	Step back on RF, Step LF next to RF, Step RF forward
29-32	Step LF forward, Kick RF, Step RF back, Step LF back

[33-40] Backwards camel walk, R sailor step, L sailor step

33-34	Step RF back while popping L knee, Step LF back while popping R knee
35-36	Step RF back while popping L knee, Step LF back while popping R knee
37&38	Step RF behind LF, Shift weight to LF, Step RF next to LF
39&40	Step LF behind RF, Shift weight to RF, Step LF to L making ¼ turn L

[41-48] Step shuffle, Rock recover, ¼ turn R, Weight shifts

41,42 & 43	Step RF forward, Shuffle forward L, R, L
44-45	Step Rf forward, Recover weight on LF

46-48 ¼ turn R stepping RF to side, Shift weight to LF, Shift weight back to RF

Tag Wall 3

[1-4] Cross Unwind at end of Wall 3

1-4 Step LF next to RF, Cross RF over LF, Full turn L, End with weight on RF