

Mess Around

Compte: 48

Mur: 2

Niveau: Improver / Low Intermediate



Chorégraphe: Paul McAdam (UK) - February 2009

Musique: A Rockin' Good Way - Brook Benton & Dinah Washington

Count in: Approximately 16 counts into song on vocals.

(1-8) SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ SHUFFLE

- 1,2 Step left foot to left side, step right foot together
- 3&4 Left side shuffle
- 5,6 Cross rock right foot over left, recover weight onto left
- 7&8 Make a ¼ turn right and right shuffle forward

(9-16) STEP ½ TURN LEFT SHUFFLE, STEP ½ TURN, STEP ¼ TURN

- 1,2 Step forward on left foot, pivot ½ turn right
- 3&4 Left shuffle forward
- 5,6 Step forward on right foot, pivot ½ turn left
- 7,8 Step forward on right foot, pivot ¼ turn left

(17-24) CROSS ROCK SIDE SHUFFLE X2

- 1,2 Cross rock right foot over left, recover weight onto left foot
- 3&4 Right side shuffle
- 5,6 Cross rock left foot over right, recover weight onto right foot
- 7&8 Left side shuffle

(25-32) JAZZ BOX ¼ TURN, KICK-BALL-CHANGE, 2 WALKS

- 1,2 Cross right foot over left foot, step left foot back
- 3,4 Make a ¼ turn right and step right foot to right side, step left foot forward
- 5&6 Right kick-ball-change
- 7,8 Walk forward right, left

(33-40) MONTEREY TURN, SIDE ROCK ¼ TURN, SHUFFLE FORWARD

- 1,2 Touch right toe out to right side, make a ½ turn right and step right foot next to left
- 3,4 Touch left toe to left side, step left foot next to right
- 5,6 Rock right foot out to right side, make a ¼ turn left and recover weight onto left foot
- 7&8 Right shuffle forward

(41-48) STEP ½ TURN, ½ LEFT SHUFFLE, BACK ROCK, RIGHT SHUFFLE

- 1,2 Step forward on left foot, pivot ½ turn right
- 3&4 Make a ½ turn right doing a left shuffle back.
- 5,6 Rock back on right foot, recover weight onto left
- 7&8 Right shuffle forward.

START AGAIN AND ENJOY!
