

Mixed Up

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Pat Stott (UK) & Carrie Ann Green (ES) - March 2014

Musique: Word Up! - Little Mix : (Sports Relief official Charity track 2014)

Dance Choreographed from the music on the official video on YouTube - <http://youtu.be/e9zc9fgVKLA>

16 Count intro from main beat, commence after 23 seconds from start of track.- No Tags, No Restarts

Section 1: Walk Forward R,L, Shuffle Fwd, Step ½ Turn, L Kick Ball Change

- 1-2 Walk fwd R, Walk fwd L,(with attitude!)
- 3&4 Shuffle fwd R, (R,L,R)
- 5-6 Step L fwd pivot ½ turn R, (6.00)
- 7&8 Kick L forward, step on L ball beside R, step R in place

Section 2: L Cross Samba, R Cross Samba, L Jazz box ¼ turn (L), touch

- 1&2 L Cross Samba Cross Left Over Right, Rock Right to Right Side, Recover on Left
- 3&4 R Cross Samba Cross Right Over Left, Rock Left to Left Side, Recover on Right
- 5-6 Cross Left over Right. Step Right back
- 7-8 Make 1/4 turn Left stepping Left forward, touch Right next to Left (3.00)

Section 3: Step Slide, Touch Kickball Cross, Step Slide, Touch Kickball Stomp Fwd

- 1,2 3&4 Step to right, slide L touch L (optional snake roll/upper body roll to R) , Kick L, ball, cross
- 567&8 Step to Left, slide R touch R (optional snake roll/upper body roll to L) Kick R, ball, stomp forward L

Section 4: R Fwd Rock Recover, Shuffle ½ , Step pivot ¼ , Cross Shuffle

- 1-2 Fwd Rock on R recover L
- 3&4 shuffle 1/2 turn right - R,L,R, (9.00)
- 5-6 Step forward on left, 1/4 pivot right (12.00)
- 7&8 Cross Left in front of Right, Step Right to Right side, Cross Left in front of Right

Alternative: replace steps 3&4 with 1 & 1/2 triple right

Section 5: Side Touch, Turn 1/8 Touch, Side Touch, Turn 1/8 Touch

- 1-4 Step R To right, touch L,(arms wave in air L to R, click fingers), 1/8th turn L stepping to left
Side Touch R (Arms wave in air R to L, click fingers)
- 5-8 Step R , touch L (Arms wave in air L to R, click fingers) , 1/8th turn L stepping left to left,
Touch R (Arms wave in air R to L, click fingers) (9.00)

Section 6: Lunge/press right, turn 3/4 left on left, walk back right, left, coaster step, walk forward left, right

- 1-2 Lunge and press to right (prepare for turn with a body twist to right, hitch right and turn on left
foot 3/4 left (12.00)
- 3-4 step back on right, step back on left
- 5&6 Step back on right, close left to right, forward on right
- 7-8 Walk forward - left,right

Section 7: Mambo forward, touch back, turn 1/4 right, twist left, step, half pivot

- 1&2 Rock forward on Left. Recover onto Right. Step back on Left
- 3-4 Touch right toe back, Reverse 1/4 right transferring weight to right (3.00)
- 5-6 Twist 1/4 left transferring weight to L, step forward on right (12.00)
- 7-8 Step forward on left, 1/2 pivot right transferring weight to right (6.00)

Section 8: Stomp, stomp, applejacks, 2 heel switches, big step forward, close left to right

1-2 Stomp fwd left, stomp right next left slightly apart
& 3 Weight on heel of left, ball of right - left toes to left & right heel in, centre up
&4 Weight on heel of right, ball of left - right toes to right & left heel in, centre up
5&6& 2 heel switches - right heel fwd, close, left heel fwd, close
7-8 Big step forward on right (lean back slightly), close left to right(straighten up)

End of dance: After cross shuffle, Cross R over L, unwind to face front wall.

Contacts: patstott1@hotmail.co.uk - dizzyc71@hotmail.com
