

Mix It Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Dee Musk (UK) - May 2016
音乐: Hair (feat. Sean Paul) - Little Mix : (Album: Little Mix)



Track approx 3 mins 54 secs - Track available from iTunes.co.uk

#16 Count Intro - Start on vocals – I told my girl.....Start - Approx 12 seconds

Diagonal Step, Mambo Step, Behind Side, Diagonal Step, Mambo Step, Back ½ Turn L.

- 1,2&3 Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L. (1.30)
4& Square up to (12.00) stepping R behind L, step L to L side.
5,6&7 Step forward on R to L diagonal, rock forward on L recover weight to R, step back on L. (10.30)
8& Step back on R, make a ½ turn L stepping forward on L to R diagonal. □ (4.30).

Diagonal Step, Mambo Step, Behind Side, Diagonal Step, Mambo Step, Behind Side.

- 1,2&3 Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L. (4.30)
4& Square up to (3.00) stepping R behind L, step L to L side.
5,6&7 Step forward on R to L diagonal, rock forward on L, recover weight to R, step back on L. (1.30).
8& Square up to (12.00) stepping R behind L, step L to L side. (12.00).

Cross, Back Side Cross, Back Side, Step, Mambo Step, Coaster Step.

- 1,2&3 Cross R over L, step back on L, step R to R side, cross L over R.
4&5 Step back on R, step L to L side, step forward on R.
6&7 Rock forward on L, recover weight to R, step back on L.
8&1 Step back on R, close L beside R, step forward on R. (12.00).

Step ¼ Cross Turn R, Hinge ½ Cross Turn L, Back Side, Diagonal Step, Diagonal Run, Run.

- 2&3 Step forward on L, make a ¼ turn R, cross L over R.
4&5 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L, cross R over L.
6&7 Step back on L, step R to R side, step forward on L to R diagonal (10.30).
8& Run forward R, L. (10.30).

Tag 1 danced end of walls 1 & 3.

Diagonal Step, Mambo Step, Run Back R, L, R, Coaster Step, Run Forward R, L.

- 1,2&3 Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L.
4&5 Run back R, L, R.
6&7 Step back on L, close R beside L, step forward on L.
8& Run forward R, L.

Tag 2 danced end of wall 2.

Diagonal Step, Mambo Step, Back Together.

- 1,2&3 Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L.
4& Step back on R, close L beside R.

Dance Ends Facing The Front – Ta Dah !!

Enjoy

Last Update – 1st May 2016

