

More Mess

拍数: 32 墙数: 4 级数: Beginner
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音乐: More Mess (feat. Olly Murs & Coely) - Kungs



Start with Right foot – 32 counts

Section 1: Vine – Flick – Vine ¼ turn L - Brush

1 - 4 Step R to R – Step L behind R – Step R to R – Flick L behind R
5 - 8 Step L to L – Step R behind L – Step L to L with ¼ turn L – Brush R

Section 2: Out Out - In In – Swivel R to R – Swivel L together

1 - 2 Step R on R diagonal Out – Step L on L diagonal Out
3 - 4 Step R back In – Step L next to R
5 & 6 Swivel R to R (Heel Toe Heel to R)
7 & 8 Swivel L next to R (Heel Toe Heel to R) weight on L

Section 3: Rock on diagonal – Shuffle Fd X 2

1 - 2 Rock forward R on R diagonal – Recover on L
(as you rock fd push R hip fd when recover push L hip back)
3 & 4 Step R to R diagonal – Step L together – Step R to R diagonal
5 - 6 Rock forward L on L diagonal – Recover on R
(as you rock fd push L hip fd when recover push R hip back)
7 & 8 Step L to L diagonal – Step R together – Step L to L diagonal

Section 4: Jazz box – Step diagonal – Touch/Clap – Step diagonal – Touch/Clap

1 - 4 Cross R over L – Step back on L – Step R to R – Step forward on R
5 - 6 Step R on R diagonal – Touch L next to R + Clap
7 - 8 Step L on L diagonal – Touch R next to L + Snap

... and start again from the beginning, have fun !!!

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