

# Make a Mess Contra

拍数: 32      墙数: 2      级数: Beginner - Contra  
编舞者: Liz Atkinson (USA) - August 2023  
音乐: Make a Mess - The Upsided



#16 count intro, begin with lyrics

No Tags or Restarts

Begin dance standing directly in front of partner

## S1: K-STEP

1, 2      [1] Step RF to R/fwd diagonal, [2] touch LF beside RF  
3, 4      [3] Step LF to L/back diagonal, [4] touch RF beside LF  
5, 6      [5] Step RF to R/back diagonal, [6] touch LF beside RF  
7, 8      [7] Step LF to L/fwd diagonal, [8] touch RF beside LF

## S2: STOMP, KICK ACROSS X4 WITH PARTNER CLAPS

1, 2      [1] Stomp RF down, [2] kick LF across RF while clapping R hand to partner's R hand  
3, 4      [3] Stomp LF down, [4] kick RF across LF while clapping L hand to partner's L hand  
5, 6      [5] Stomp RF down, [6] kick LF across RF while clapping R hand to partner's R hand  
7, 8      [7] Stomp LF down, [8] kick RF across LF while clapping L hand to partner's L hand

## S3: RUMBA BOX WITH TRIPLES; (AROUND PARTNER LIKE A DO SI DO)

1, 2      [1] Step RF to R side, [2] step LF beside RF  
3 & 4      [3] Step RF fwd, [&] step LF beside RF, [4] step RF fwd  
(Passing your partner L shoulder to L shoulder)  
5, 6      [5] Take big step with LF to L side, [6] step RF beside LF  
(Sliding past your partner back to back)  
7 & 8      [7] Step LF back, [&] step RF beside LF, [8] step LF back  
(Passing your partner R shoulder to R shoulder) (all facing 12:00)

## S4: ROCK BACK, RECOVER, WALK, WALK, 1/4L STEP, TOUCH (clap), 1/4L STEP, TOUCH (clap-clap)

1, 2      [1] Rock back on RF, [2] recover LF  
3, 4      [3] Step RF fwd, [4] step LF fwd  
(Passing your partner R shoulder to R shoulder)  
5, 6      [5] 1/4L step RF to R side (9:00), [6] touch LF beside RF (one clap [6])  
7, 8      [7] 1/4L step LF to L side (6:00), [8] touch RF beside LF (two claps [&8])

You are now facing your partner but on the opposite line from where you started!

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