

# This Word

拍数: 64      墙数: 1      级数: High Beginner Line / Contra  
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音乐: Mess It Up - gio.



**START after 8cts (After he says "4")**  
**NO TAGS OR RESTARTS**

## **S1 [1-8]: STEP-TAP (4X)**

1-2, 3-4      R side step - L tap nxt to R, ¼ L turn onto L side step - R tap nxt to L (9:00)  
5-6,7-8      R side step - L tap nxt to R, L side step - R tap nxt to L

## **S2 [9-16]: SIDE TOGETHER SIDE TOUCH w/CLAPS, L ROLLING VINE FULL TURN**

1-2-3-4      R side step - L nxt to R w/ dbl clap - R side step - L touch nxt to R w/ single clap  
5,6,7,8      ¼ L turn onto L, ¼ L turn onto R, ½ L turn onto L, R touch nxt to L

## **S3 [17-24]: 2 TOE STRUTS, 3 FWD WALKS, L HITCH w/ KNEE SLAP**

1-2,3-4      R fwd toe - drop weight onto heel, L fwd toe - drop weight onto heel  
5,6,7,8      walk fwd R - L - R, L knee up slap w/ R hand

## **S4 [25-32]: L SLIDE, V STEP**

1-2,3-4      ¼ L turn into L slide, R nxt to L (6:00)  
5,6,7,8      R fwd diagonal - L fwd diagonal - R back ctr - L back ctr nxt to R

## **S5 [33-40]: 2 CROSS- UNTWIST TURNS**

1-2,3-4,5-6,7-8 R cross over L, ½ L untwist turn (12:00), repeat 1-4 ending at (6:00)

## **S6 [41-48]: 2 MAMBOS**

1-2,3-4      R fwd - recover weight on L - R nxt to L  
5-6,7-8      L side step - ¼ R turn recovering weight on R - L nxt to R (9:00)

## **S7 [49-56]: Repeat MAMBO section S6 ending at (12:00)**

## **S8 [57-64]: 2 HEEL-CROSS TOE TAP SWITCHES**

1-2,3-4      R fwd heel - R nxt to L, L cross toe tap over R - L nxt to R  
5-6,7-8      repeat 1-4

**"May you enjoy & let a word from the song speak to your soul!" ~ Tatiana**

**Dance Created 04/20/24 Stepsheet created by Annemarie Dunn 05/19/24 - wordinmotionap2g@yahoo.com**