

Mess It Up

拍数: 64 墙数: 4 级数: High Improver
编舞者: Karine Moya (FR) & Valou mallet (FR) - 18 May 2024
音乐: Mess It Up - The Rolling Stones



Intro : 16 Counts env approx 7 s

Choreography written especially for the Workshop of May 18, 2024 at the III American Longhorn 66 in Baho

[1-8] Side Step, Touch Behind, Side Step, Touch Behind, Monterey ¼ turn

1-2 Step R to the R side, Touch LF behind RF
3-4 Step L to the L side, Touch RF behind LF
5-6 Point R to R side, ¼ R stepping R next to LF (3:00)
7-8 Point L to L side, Step L next to RF

[9-16] Side Rock, Recover, Cross Shuffle, Side Rock, Recover, Cross Shuffle

1-2 Rock RF to R side, Recover on LF
3&4 Cross RF over LF, Step L to L side, Cross RF over LF
5-6 Rock LF to L side, Recover on RF
7&8 Cross LF over RF, Step R to R side, Cross LF over RF

[17-24] Hip Bumps Fwd R & L, Step Fwd Pivot ½ turn, Step Fwd hitch

1&2 Step R to R diagonal and bump hips R, L, R
3&4 Step L to L diagonal and bump hips L, R, L
5-6 Step R Fwd, Pivot 1/2 turn L (Weight on LF)
7-8 Step R Fwd, Hitch L knee up (9:00)

****RESTART : here in the 3rd section after the TAG (3 hour wall) Do not do the 1st 16 counts but start again from count 17 on the Bumps and continue the choreography normally,**

[25-32] Rock Bwd, Chasse, Rock Bwd, Kick Ball Cross

1-2 Rock back on LF, Recover on RF
3&4 Step L to L side, Step R next to LF, Step L to L side
5-6 Rock back on RF, Recover on LF
7&8 Kick R fwd, Step R down, Step L cross over RF

[33-40] Point Cross, Point Cross, Point Cross, ¼ turn Step back, Side

1-2 Point RF to R side, Cross RF over LF
3-4 Point LF out to L side, Cross LF over RF
5-6 Point RF to R side, Cross RF over LF
7-8 1/4 turn R Step back on LF, Step R to the R side (12:00)

[41-48] Cross, Side, Coaster Step, Rock Fwd, Recover, Pony Bwd

1-2 Cross LF over RF, Step R to the R side
3&4 Step back on L, Step R next to LF, Step L fwd
5-6 Rock RF Fwd, Recover on LF
7&8 Step R back hitching L knee, Step L beside RF, Step R back hitching L knee

[49-56] Cross Samba L & R, Mambo Fwd Step Back, Back, Drag

1&2 Cross LF over RF, Ball Step R To R, Recover on LF
3&4 Cross RF over LF, Ball Step L To L, Recover on RF
5&6 Rock LF Fwd, Recover on RF , Step back on L
7 8 Step R a big step back , Drag L heel towards RF

[57-64] Ball, Walk R & L, Step Fwd Pivot ½ turn, Step Fwd Pivot ¼ turn, Out Out, Ball, Cross

&1-2 Step L next to RF , Step R Fwd, Step L Fwd

3-4 Step R Fwd, Pivot ½ turn L (Weight on L) (6:00)

5-6 Step R Fwd, Pivot ¼ turn L (Weight on L) (3:00)

&7&8 Step R to the R side, Step L to the L side, , Step of R in place , Cross LF over RF

*** At the end of the 4th wall: 12:00 Change count 64, Make a Touch with LF**

Tag : At the end of the 4th wall after the Touch, repeat the last 16 counts (49 to 64) section 7 and 8 then Restart **

Happy dance

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