

Messin' Round

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Justine Shuttleworth (AUS) & Terry Hogan (AUS)
音乐: Red Lips, Blue Eyes, Little White Lies - Gary Allan



- 1-2 Step right foot to the side, slide left foot beside right
3&4 Shuffle to the right side right-left-right
5-6 Rock/step left foot slightly to the left pushing hips left, rock sideward onto right pushing hips right
&7 Step left foot across behind right, step on ball of right to the side
&8 Step on ball of left foot to the left side, step right foot across in front of left
The next 8 counts are a reversal of the previous 8
9-10 Step left foot to the side, slide right foot beside left
11&12 Shuffle to the left side left-right-left
13-14 Rock/step right foot slightly to the right pushing hips right, rock sideward onto left pushing hips left
&15 Step right foot across behind left, step on ball of left to the side
&16 Step on ball of right foot to the right side, step left foot across in front of right

17 Step right foot to the right side & make $\frac{1}{4}$ turn right
18 Make $\frac{1}{2}$ turn right on ball of right foot lifting left foot off the floor
19-20 Step backward left-right
21-22 Rock forward onto left foot, slide/scoot forward on left lifting right foot
23-24 Step forward on right foot, slide/scoot forward on right lifting left foot

&25 Step left foot to the side, step right foot to the right side
& Step left foot to center
26 Step right foot across in front of left & make $\frac{1}{2}$ turn right taking weight onto right foot
&27 Step on ball of left slightly back, step right foot forward
28 Step left forward
29 Step right foot forward to right diagonal pushing hips forward
30 Push hips forward taking weight onto right foot & lifting left slightly
&31 Step left foot to the side, step right across in front of left
& Step left foot to the side
32 Make $\frac{1}{2}$ turn right on ball of left foot lifting right foot off floor

33 Step on right toe toward right diagonal
34 Drop right heel to floor
& Slide left foot beside the right
35 Touch right toe forward toward right diagonal with toe turned in heel out
36 Swivel right heel in dropping heel to the floor
& Step left foot beside right
37 Make $\frac{1}{4}$ turn left & step ball of right foot backward
38 Step left foot forward
39-40 Step right foot forward, make $\frac{1}{2}$ pivot turn left & step forward onto left

41-42 Step right foot forward, make $\frac{1}{2}$ pivot turn left & step forward onto left
43-44 Rock/step right foot forward, rock backward onto left foot
& Step on ball of right foot beside left
45 Step left foot forward
46 Make $\frac{1}{2}$ turn right on balls of feet taking weight forward onto right

- 47 Make $\frac{1}{4}$ turn right on ball of right foot & step left foot forward
48 Make $\frac{1}{2}$ turn right on ball of left foot & slide right foot beside left

REPEAT

TAG

For the 3rd and 6th repetition you will only do 32 counts of the dance before starting again.
