

# Mixed Up Mess

拍数: 63      墙数: 2      级数: Improver  
编舞者: Lesley McIvor & Trevor Eaton (AUS)  
音乐: Mixed up Mess of a Heart - Danni Leigh



- 1-2            Touch right heel at 45 degrees, hold  
3-4            Touch right toe across left, hold  
5-6            Touch right heel at 45 degrees right, hold  
7-8            Hook right heel across left leg, hold
- 9-12           Step right to right side, left in front of right, right to right side, left behind right  
13-16          Touch right toe to right side, while turning ½ to right step right next to left, touch left to left side, step left together
- 17-20          Right heel at 45 degrees, step right together, left heel at 45 degrees, left together  
21-24          Right forward on right at 45 degrees, lock left behind right, step forward on right, scuff left foot forward
- 25-28          Left forward on left at 45 degrees, lock right behind left, step forward on left, scuff right foot forward
- 29-32          Step forward on right turning ½ to left, hold. Step back on left while turning ½ to left, hold  
**On the bridge in the music, only dance through count 32 before starting over at the beginning.**
- 33-36          Vine to the right scuff left foot  
37-40          Vine to the left scuff right foot
- 41-44          Step forward on right, hold, step forward on left, hold  
45-48          Step forward on right, step forward on left, step back on right, hold
- 49-52          Step back on left, hold, step back on right, hold  
53-56          Step back on left, step back on right, step forward on left, hold
- 57-60          Step back on right while turning ½ to right, hold, step forward on left while turning ½ to right, hold  
61-64          Turning full turn to the right stepping right, left, right, left keep weight on the left (this is done in a back kicking motion)

**REPEAT**

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