

Mess Around

拍数: 48 墙数: 2 级数: Improver / Low Intermediate
编舞者: Paul McAdam (UK) - February 2009
音乐: A Rockin' Good Way - Brook Benton & Dinah Washington



Count in: Approximately 16 counts into song on vocals.

(1-8) SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ SHUFFLE

1,2 Step left foot to left side, step right foot together
3&4 Left side shuffle
5,6 Cross rock right foot over left, recover weight onto left
7&8 Make a ¼ turn right and right shuffle forward

(9-16) STEP ½ TURN LEFT SHUFFLE, STEP ½ TURN, STEP ¼ TURN

1,2 Step forward on left foot, pivot ½ turn right
3&4 Left shuffle forward
5,6 Step forward on right foot, pivot ½ turn left
7,8 Step forward on right foot, pivot ¼ turn left

(17-24) CROSS ROCK SIDE SHUFFLE X2

1,2 Cross rock right foot over left, recover weight onto left foot
3&4 Right side shuffle
5,6 Cross rock left foot over right, recover weight onto right foot
7&8 Left side shuffle

(25-32) JAZZ BOX ¼ TURN, KICK-BALL-CHANGE, 2 WALKS

1,2 Cross right foot over left foot, step left foot back
3,4 Make a ¼ turn right and step right foot to right side, step left foot forward
5&6 Right kick-ball-change
7,8 Walk forward right, left

(33-40) MONTEREY TURN, SIDE ROCK ¼ TURN, SHUFFLE FORWARD

1,2 Touch right toe out to right side, make a ½ turn right and step right foot next to left
3,4 Touch left toe to left side, step left foot next to right
5,6 Rock right foot out to right side, make a ¼ turn left and recover weight onto left foot
7&8 Right shuffle forward

(41-48) STEP ½ TURN, ½ LEFT SHUFFLE, BACK ROCK, RIGHT SHUFFLE

1,2 Step forward on left foot, pivot ½ turn right
3&4 Make a ½ turn right doing a left shuffle back.
5,6 Rock back on right foot, recover weight onto left
7&8 Right shuffle forward.

START AGAIN AND ENJOY!
