

# Little Mixed Up

**COPPER** KNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Pat Stott (UK) & Carrie Ann Green (ES) - March 2014  
音乐: Word Up! - Little Mix : (Sports Relief official Charity track 2014)



16 Count intro from main beat, commence after 23 seconds from start of track.

No Tags, No Restarts

## Section 1: Side Touch, Turn 1/8 Touch, Side Touch, Turn 1/8 Touch

1-4            Step R To right, touch L,( arms wave in air L to R, click fingers), 1/8th turn L stepping to left  
                 Side Touch R (Arms wave in air R to L, click fingers)  
5-8            Step R , touch L (Arms wave in air L to R, click fingers) , 1/8th turn L stepping left to left,  
                 Touch R (Arms wave in air R to L, click fingers) (9:00)

## Section 2: Side rock, recover, cross shuffle, side rock, recover ¼ right, shuffle fwd

1-2            Rock R to right side, recover onto L  
3&4            Cross shuffle R over L stepping R, L, R  
5-6            Rock L to left side, recover a ¼ turn right, stepping on R (12:00)  
7&8            Shuffle forward stepping L, R, L

## Section 3: Step slide, touch kickball cross, Step slide, touch kickball stomp fwd

1,2 3&4        Step to right, slide L touch L (optional snake roll/upper body roll to R) , Kick L, ball, cross  
567&8        Step to Left, slide R touch R (optional snake roll/upper body roll to L) Kick R, ball, stomp  
                 forward L

## Section 4: Step Fwd ½ turn L, Stomp, Stomp, 2 heel switches, big step forward, close left to right

1- 2            Step Fwd on Right, pivot half turn Left (6:00)  
3-4            Stomp fwd right, stomp left next to right slightly apart  
5&6&        2 heel switches - right heel fwd, close, left heel fwd, close  
7-8            Big step forward on right (lean back slightly), close left to right(straighten up)

End of Dance: After a big step forward, Cross R over L, unwind to face front wall

Contacts: patstott1@hotmail.co.uk - dizzyc71@hotmail.com

Last Update - 18th March 2014