

# Mash Up

拍數: 64      牆數: 4      級數: Improver  
編舞者: Laura Sway (UK) - March 2015  
音樂: Generation Disco Medley by Best Of Disco Medleys (3:50)



Notes: get singing to the old classics.

**[1-8] Grapevine right, step across, right Chasse, rock back , recover.**

1234-            Step right to right side, step left behind right, step right to right side, step left across right.  
5&6 78-        step right to right side, step left to right, step right to right side. Rock back on the left, recover weight onto right.

**[9-16] Grapevine left, step across, left Chasse, rock back, recover.**

1234-            Step left to left side , step right behind left, step left to left side, step right across left.  
5&6 78-        step left to left side, step right to left, step left to left side. Rock back on the right, recover weight onto left.

( RESTART wall 4 )

**[17-24] Step right, kick left, step left, kick right, jazz box, scuff.**

1234-            step right to right side, kick left diagonally forward across right. Repeat to the left.  
(Tag here on wall 7 )  
5678-            step right across left, step back on the left, step right slightly to right side, scuff left forward.

**[25-32] Step ½ turn right step, clap. Step ¼ turn left step, clap.**

1234-            step forward on the left, pivot ½ over right shoulder, step forward on the left, clap.  
5678-            step forward on the right, pivot ¼ over left shoulder, step forward on the right, clap.

**[33-40] Walk forward x3, kick right, walk back x2, right coaster step.**

1234-            walk forward left, right, left. Kick right forward.  
56 7&8 -        walk back right, left. Step back on the right, step left to right, step forward on the right.

**[41-48] point side, hitch, point side, flick, grapevine left, touch.**

1234-            point left to left side, hitch left knee up, point left to left side, flick left leg behind.  
5678-            step left to left side, step right behind left, step left to left side, touch right beside left.

**[49-56] Turning vine right, touch, step side, touch , step side, touch ( rolling arms in front of body)**

1234-            making a full turn travelling to the right step right, left, right, touch left beside right.  
5678-            step left to left side, touch right slightly to right side, step right to right side, touch left slightly to left side.

**[57-64] rock forward recover, shuffle ½ left, jump out out, clap, hip bumps x2**

12 3&4-        rock forward on the left, recover weight onto right. Making ½ turn over left shoulder, step forward on the left, step right to left, step forward on the left.  
&56 78-        Jump right out, then left out, clap. Bump hips to the right, bump hips to the left.

TAG – ( end of wall 5 & wall 7 after 20 counts )

**[1-4] right jazz box with a cross.**

1234-            cross right over left, step back on the left, step right to right side, cross left over right.

RESTART – wall 4 after 16 counts

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