

# Mix It Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Dee Musk (UK) - May 2016  
音樂: Hair (feat. Sean Paul) - Little Mix : (Album: Little Mix)



Track approx 3 mins 54 secs - Track available from iTunes.co.uk

#16 Count Intro - Start on vocals – I told my girl.....Start - Approx 12 seconds

**Diagonal Step, Mambo Step, Behind Side, Diagonal Step, Mambo Step, Back ½ Turn L.**

- 1,2&3      Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L. (1.30)  
4&      Square up to (12.00) stepping R behind L, step L to L side.  
5,6&7      Step forward on R to L diagonal, rock forward on L recover weight to R, step back on L. (10.30)  
8&      Step back on R, make a ½ turn L stepping forward on L to R diagonal. □ (4.30).

**Diagonal Step, Mambo Step, Behind Side, Diagonal Step, Mambo Step, Behind Side.**

- 1,2&3      Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L. (4.30)  
4&      Square up to (3.00) stepping R behind L, step L to L side.  
5,6&7      Step forward on R to L diagonal, rock forward on L, recover weight to R, step back on L. (1.30).  
8&      Square up to (12.00) stepping R behind L, step L to L side. (12.00).

**Cross, Back Side Cross, Back Side, Step, Mambo Step, Coaster Step.**

- 1,2&3      Cross R over L, step back on L, step R to R side, cross L over R.  
4&5      Step back on R, step L to L side, step forward on R.  
6&7      Rock forward on L, recover weight to R, step back on L.  
8&1      Step back on R, close L beside R, step forward on R. (12.00).

**Step ¼ Cross Turn R, Hinge ½ Cross Turn L, Back Side, Diagonal Step, Diagonal Run, Run.**

- 2&3      Step forward on L, make a ¼ turn R, cross L over R.  
4&5      Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L, cross R over L.  
6&7      Step back on L, step R to R side, step forward on L to R diagonal (10.30).  
8&      Run forward R, L. (10.30).

**Tag 1 danced end of walls 1 & 3.**

**Diagonal Step, Mambo Step, Run Back R, L, R, Coaster Step, Run Forward R, L.**

- 1,2&3      Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L.  
4&5      Run back R, L, R.  
6&7      Step back on L, close R beside L, step forward on L.  
8&      Run forward R, L.

**Tag 2 danced end of wall 2.**

**Diagonal Step, Mambo Step, Back Together.**

- 1,2&3      Step forward on R to R diagonal, rock forward on L, recover weight to R, step back on L.  
4&      Step back on R, close L beside R.

**Dance Ends Facing The Front – Ta Dah !!**

Enjoy

Last Update – 1st May 2016

