

Messin' Around

拍數: 48 牆數: 4 級數: Improver
編舞者: Martin Ritchie (UK)
音樂: Mess Me Around - JW Houston



SIDE, TOUCH, SIDE, TOUCH, BACK, HEEL, STEP, SCUFF

- 1-2 Step right to right side, touch left toe together
- 3-4 Step left to left side, touch right toe together
- 5-6 Step back on right foot, tap left heel forward on left diagonal
- 7-8 Step left foot together, scuff right foot forward

STEP, ½ PIVOT, STOMP, STOMP, HEEL, HOME, HEEL, HOME

- 9-10 Step forward on right foot, pivot ½ turn left on balls of feet
- 11-12 Stomp right foot together, stomp left foot in place
- 13-14 Tap right heel diagonally forward, step right foot together
- 15-16 Tap left heel diagonally forward, step left foot together

GRAPEVINE RIGHT, SCUFF, GRAPEVINE ¼ LEFT, SCUFF

- 17-18 Step right to right side, cross step left behind right
- 19-20 Step right to right side, scuff left foot forward
- 21-22 Step left to left side, cross step right behind left
- 23-24 Step left to left side with a ¼ turn left, scuff right foot forward

BOX STEP, HEEL SPLIT, HEEL SPLIT

- 25-26 Cross step right in front of left, step back on left foot
- 27-28 Step right to right side, step left foot together
- 29-30 On balls of feet: swivel heels out, swivel heels together
- 31-32 On balls of feet: swivel heels out, swivel heels together

BACK, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH

- 33-34 Step diagonally back on right foot, touch left together and clap
- 35-36 Step diagonally back on left foot, touch right together and clap
- 37-38 Step diagonally forward on right foot, touch left together and clap
- 39-40 Step diagonally forward on left foot, touch right together and clap

RIGHT GRAPEVINE, STEP, HOP, HOP (ON LEFT), STOMP RIGHT, STOMP RIGHT

- 41-42 Step right to right side, cross step left behind right
- 43-44 Step right to right side, step left foot together
- 45-46 Hop (scoot) forward on left foot hitching right, hop forward on left foot hitching right
- 47-48 Stomp right foot next to left, up-stomp right foot in place

Low impact version:

- 44 Scuff left foot forward
- 45-46 Step left foot forward, scuff right foot forward.
- 47-48 Stomp right foot next to left, up-stomp right foot in place

REPEAT

TAG

On the 4th wall only, dance just the first 16 counts, then restart the dance from count one

FINISH

If you want to finish the whole sequence with the music and facing the front wall:

You will have just started a sequence up to and including count 12. After the stomps; step forward on right, pivot $\frac{1}{4}$ turn left, stomp right foot together.
