

# 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.

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