

Mixed Up Mess

拍數: 63 牆數: 2 級數: Improver
編舞者: Lesley McIvor & Trevor Eaton (AUS)
音樂: Mixed up Mess of a Heart - Danni Leigh



- 1-2 Touch right heel at 45 degrees, hold
3-4 Touch right toe across left, hold
5-6 Touch right heel at 45 degrees right, hold
7-8 Hook right heel across left leg, hold
- 9-12 Step right to right side, left in front of right, right to right side, left behind right
13-16 Touch right toe to right side, while turning ½ to right step right next to left, touch left to left side, step left together
- 17-20 Right heel at 45 degrees, step right together, left heel at 45 degrees, left together
21-24 Right forward on right at 45 degrees, lock left behind right, step forward on right, scuff left foot forward
- 25-28 Left forward on left at 45 degrees, lock right behind left, step forward on left, scuff right foot forward
- 29-32 Step forward on right turning ½ to left, hold. Step back on left while turning ½ to left, hold
- On the bridge in the music, only dance through count 32 before starting over at the beginning.**
- 33-36 Vine to the right scuff left foot
37-40 Vine to the left scuff right foot
- 41-44 Step forward on right, hold, step forward on left, hold
45-48 Step forward on right, step forward on left, step back on right, hold
- 49-52 Step back on left, hold, step back on right, hold
53-56 Step back on left, step back on right, step forward on left, hold
- 57-60 Step back on right while turning ½ to right, hold, step forward on left while turning ½ to right, hold
61-64 Turning full turn to the right stepping right, left, right, left keep weight on the left (this is done in a back kicking motion)

REPEAT
