

Hot Mess

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BY STEPHEN B. BROWN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa M. Johns-Grose (USA) - May 2012
音樂: Hot Mess - Tyler Farr : (Album: Hot Mess)



INTRO. : 16 counts.

R MAMBO FWD – L MAMBO BACK – R SCISSOR – L BACK, R ¼ R – L ACROSS

1&2 Rock right forward, recover back left, step right next to left
3&4 Rock back left, recover forward right, step left next to right
5&6 Step right to right, sep left next to right, step right across left
7&8 Step back on left, step right back making ¼ turn right, step left across right (3 o'clock)

SHUFFLE R ¼ R- PIVOT ½ R – STEP L – R FWD – TOUCH L – L BACK – R HEEL – R COASTER

1&2 Shuffle side right, left, right making ¼ turn right (6 o'clock)
3&4 Touch left forward, pivot ½ right, step left next to right (12 o'clock)
5&6& Step right forward, touch left next to right, step back left, touch right heel forward
7&8 Step back on right, step left next to right, step forward on right (12 o'clock)

L HIP FWD – L HIP BACK- L SHUFFLE FED – R HIP FWD – R HIP BACK – R SHUFFLE FWD

1& Bump left hip forward, recover back right
2& Bump left hip back, recover forward right
3&4 Shuffle forward left, right, left
5& Bump right hip forward, recover back left
6& Bump right hip back, recover forward left
7&8 Shuffle forward right, left, right (12 o'clock)

ROCK L REC R ¼ L - R CROSS SHUFFLE - L SIDE R BEHIND L SIDE R ACROSS - L SIDE – TOUCH R

1&2 Rock left forward, recover back right, step left ¼ left (9 o'clock)
3&4 Cross shuffle right, left, right across left
5&6& Left side, right behind, left side, right across
7-8 Big step with left to left side, touch right next to left (weight on left) (9 o'clock)

BEGIN AGAIN !

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