

Make a Mess Contra

Compte: 32

Mur: 2

Niveau: Beginner - Contra

Chorégraphe: Liz Atkinson (USA) - August 2023

Musique: Make a Mess - The Upsided



#16 count intro, begin with lyrics

No Tags or Restarts

Begin dance standing directly in front of partner

S1: K-STEP

- 1, 2 [1] Step RF to R/fwd diagonal, [2] touch LF beside RF
- 3, 4 [3] Step LF to L/back diagonal, [4] touch RF beside LF
- 5, 6 [5] Step RF to R/back diagonal, [6] touch LF beside RF
- 7, 8 [7] Step LF to L/fwd diagonal, [8] touch RF beside LF

S2: STOMP, KICK ACROSS X4 WITH PARTNER CLAPS

- 1, 2 [1] Stomp RF down, [2] kick LF across RF while clapping R hand to partner's R hand
- 3, 4 [3] Stomp LF down, [4] kick RF across LF while clapping L hand to partner's L hand
- 5, 6 [5] Stomp RF down, [6] kick LF across RF while clapping R hand to partner's R hand
- 7, 8 [7] Stomp LF down, [8] kick RF across LF while clapping L hand to partner's L hand

S3: RUMBA BOX WITH TRIPLES; (AROUND PARTNER LIKE A DO SI DO)

- 1, 2 [1] Step RF to R side, [2] step LF beside RF
 - 3 & 4 [3] Step RF fwd, [&] step LF beside RF, [4] step RF fwd
- (Passing your partner L shoulder to L shoulder)
- 5, 6 [5] Take big step with LF to L side, [6] step RF beside LF
- (Sliding past your partner back to back)
- 7 & 8 [7] Step LF back, [&] step RF beside LF, [8] step LF back
- (Passing your partner R shoulder to R shoulder) (all facing 12:00)

S4: ROCK BACK, RECOVER, WALK, WALK, 1/4L STEP, TOUCH (clap), 1/4L STEP, TOUCH (clap-clap)

- 1, 2 [1] Rock back on RF, [2] recover LF
 - 3, 4 [3] Step RF fwd, [4] step LF fwd
- (Passing your partner R shoulder to R shoulder)
- 5, 6 [5] 1/4L step RF to R side (9:00), [6] touch LF beside RF (one clap [6])
 - 7, 8 [7] 1/4L step LF to L side (6:00), [8] touch RF beside LF (two claps [&8])

You are now facing your partner but on the opposite line from where you started!

Contact: info@LizAtkinsonDance.com Asheville, NC, USA