

Mash Up My Mind

Compte: 64

Mur: 4

Niveau: Low Intermediate

Chorégraphe: Shaz Walton (UK)

Musique: Beautiful Girls - Sean Kingston : (CDS)



Count in- 4 counts- starting on the word "beautiful"

Side. Sailor ¼ Touch. Side. Sailor ¼ Touch.

- 1-2& Step right to right side. Cross step left behind right. Make ¼ left stepping right to right side.
- 3 Step left to left side.
- 4 Touch right beside left.
- 5-6& Step right to right side. Cross step left behind right. Make ¼ left stepping right to right side.
- 7 Step left to left side.
- 8 Touch right beside left.

Step forward. Hold. Step together. Step forward. (Using hips) Rock. Recover. ½ turn. Point.

- 1-2 Step forward right. Hold
- 3-4 Step left to right heel. Step forward right (use Cuban hip motion)
- 5-6 Rock forward on left. Recover on right.
- 7-8 Make ½ turn left stepping left forward. Point right to right side.

Sweep. Unwind. Sweep. Cross rock. Recover. Sweep. Unwind. Sweep. Cross rock. Recover.

- 1-2 Sweep right across left. Unwind ½ turn left. (Weight ends on right)
- 3-4 Sweep left out as you cross rock left behind right. Cross step right over left.
- 5-6 Sweep left across right. Unwind ½ turn right. (Weight ends on left)
- 7-8 Sweep right out as you cross rock right behind left. Cross step left over right.

Step. Sway. Hold. Sway. Hold. Step side. Together. Side. Touch (using hips)

- 1-2 Step right to right & sway hips to right. Hold
- 3-4 Sway hips to left. Hold.
- 5-6 Using hips to full potential- step right to right side. Step left beside right.
- 7-8 Step right to right side. Touch left beside right.

Rock. Recover. Heel jack. Out. Out. Swivel ¼ . Replace. Coaster step.

- 1-2& Rock left forward. Recover on right. Step left beside right
- 3&4 Touch right heel forward. Step right to right side. Step left to left side.
- 5-6 Swivel left toe (raised) & right heel ¼ left. Replace to centre. (Weight ends left)
- &7-8 Step back right. Step back left. Step forward right.

Step. Hold. Lock step. Touch. Back. ¼ ¼ kick.

- 1-2 Step forward left. Hold
- &3 Lock right behind left. Step left forward.
- 4 Touch right beside left.
- 5-6-7 Step back on right. Start to make ½ turn right by stepping left behind right (6) step right forward (7)
- 8 low kick left forward (8)

Step. Slow pivot ½. Rock recover Step. Slow pivot ½ rock recover.

- 1-2 Step on left make ½ pivot turn right (smooth) weight stays on left.
- 3-4 Rock back on right. Recover on left.
- 5-6 Step forward right. Make ½ pivot turn left (smooth) weight stays on right.
- 7-8 rock back on left. Recover on right.

Side. Hold. Ball cross. hold. Side rock. Recover. Ball side. Touch.

1-2 Step left to left side. Hold

&3-4 Step right beside left. Cross step left over right. Hold.

5-6 Rock right to right side. Recover on left.

&7-8 step right beside left. step left to left side. Touch right beside left.
