

Do The Mess Around

拍数: 48 墙数: 4 级数: Beginner
编舞者: Sonja Hemmes (USA) - May 2017
音乐: Mess Around - David Thibault : (Album: David Thibault)



Start on Lyrics

S1: STEP KICK, STEP TOUCH, STEP KICK, STEP TOUCH

- 1-2 Step right forward, kick left forward
- 3-4 Step back on left next to right, touch right next to left
- 5-6 Step right forward, kick left forward
- 7-8 Step back on left next to right, touch right next to left

S2: VINE RIGHT, VINE LEFT

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right next to left

S3: OUT, OUT, IN, IN, HEEL TAPS

- 1-2 Step right forward diagonally, step left forward diagonally
- 3-4 Step right back and in, step left back and in
- 5-8 Tap both heels in place 4 times

S4: STEP TOUCH FORWARD, BACK DIAGONALLY (K-STEP)

- 1-2 Step right forward diagonally, touch left next to right
- 3-4 Step back on left diagonally, touch right next to left
- 5-6 Step back on right diagonally, touch left next to right
- 7-8 Step left forward diagonally, step right next to left

S5: HEEL SWIVELS RIGHT, HOLD, HEEL SWIVELS LEFT, KICK, 1/4 TURN RIGHT

- 1-4 Swivel both feet right (heel, toe, heel), hold
- 5-8 Swivel both feet left (heel, toe, heel), turn ¼ right and kick right forward

S6: COASTER BACK, LEFT MAMBO WITH HOLDS

- 1-4 Step back on right, step left back next to right, step forward on right, hold
- 5-8 Step left to left side, step on right, step left next to right, hold