Let's Mess Around

拍數: 32

級數: Intermediate

編舞者: Kate Sala (UK) - May 2016

音樂: Messin' Around (feat. Enrique Iglesias) - Pitbull

Music Available as mp3 download www.itunes.co.uk and www.amazon.co.uk.

Intro: 16 counts.

Cross & Heel & Cross Side Rock, Step Forward, Step Pivot 1/2 Turn Right Forward Lock Step.

- 1 & 2 Cross step R over L. Step L to left side. Dig R heel to right diagonal.
- & 3 Step R down in place. Cross step L over R.
- & 4 Side rock on R out to right side. Rock on to L in place.
- 5 Step forward on R.
- 6 & 7 Step forward on L. Pivot 1/2 turn right. Step forward on L. 6:00
- & 8 Lock step R behind L. Step forward on L.

Heel grind x 2, Heel Dig, Hitch, Step Back, Coaster 1/4 Turn Cross & Cross, Touch Out, In.

- 1 & Step forward on R heel with toes turned in. Grind the R heel turning toes out. (weight on R)
- 2 & Step forward on L heel with toes turned in, Grind the L heel turning toes out. (weight on L)
- 3 & 4 Dig R heel forward. Hitch R knee up. Step back on R.
- 5 & 6 Step back on L. Step R next to L. Turn 1/4 left cross stepping L over R. 3:00
- & 7 Step R to right side. Cross step L over R.
- & 8 Touch R out to right side. Touch R next to L instep. (Restart from here during wall 7 & facing 9:00)

Kick & Side Rock, Cross, Side, Touch In, Chasse 1/4 Turn Left, Turn 1/4 Left Hitch With Bump, Bump, Step.

- 1& 2& Kick R forward. Step R next to L. Side rock on L out to left side. Recover on to R.
- 3 & 4 Cross step L over R. Step R out to right side. Touch L next to R instep.
- 5 & 6 Step L to left side. Step R next to L. Turn 1/4 left stepping forward on L.
- 7 & Turn 1/4 left hitching R knee up and bumping the hip right. Keeping R knee slightly up bump hips left.
- 8 Step down on R to right side. 9:00

Side, Together, Forward, Rock 1/2 Turn Right, Step Pivot 1/2 Turn Right x 2, Mambo Step.

- 1 & 2 Step L out to left side. Step R next to L. Step forward on L.
- 3 & 4 Rock forward on R. Recover on to L. Turn 1/2 right stepping forward on R. 3:00
- 5 & Step forward on L. Pivot 1/2 turn right.
- 6 & Step forward on L. Pivot 1/2 turn right. 3:00
- 7 & 8 Rock forward on L. Recover on to R. Step slightly back on L.

Start Again. Have Fun

Restart: during wall 7, after 16 counts.

For the finish, turn 1/4 left on the last step and step out to the left side to face 12:00.





牆數:4