

Let's Mess Around

拍數: 48 牆數: 2 級數: Improver
編舞者: Fred Lombardo (USA) - January 2012
音樂: Mess Around - Ray Charles : (CD: The Definitive Ray Charles)



WALK FORWARD with 1/2 Turning Hitch

1-2-3-4 Step Right - Left - Right / Hitch and turn 1/2 (on right)
5-6-7-8 Step BACK with Left - Right - Left - Touch

K STEP

1-2 Right step forward on an angle - Left next to Right
3-4 Left step back on return angle - Right next to Left
5-6 Right step Back on an angle - Left next to Right
7-8 Left step forward on return angle - Right next to Left

KNEE SWIVELS

1-2 With feet and knees together
3-4 Swivel Knees in a circular motion 2 times

(Counter clock wise to a 4 count beat)

JAZZ BOX

1-2 Step forward with Right (across left) - Left step back
3-4 Right to the side - Left next to Right

WALK FORWARD with 1/2 Turning Hitch

1-2-3-4 Step Right - Left - Right / Hitch and turn 1/2 (on right)
5-6-7-8 Step BACK with Left - Right - Left - Touch

VINES - (Right AND Left)

1-2 Step Right to the side - Left behind Right
3-4 Step Right to the side - Left touch
5-6 Step Left to the side - Right behind Left
7-8 Step Left to the side - Right touch

(2) 1/4 MONTEREY TURNS (right)

1-2 Right Toe point out to the right side - Turn 1/4 right
3-4 Left Toe point out to the left side - Left next to right
5-6 Right Toe point out to the right side - Turn 1/4 right
7-8 Left Toe point out to the side - Left next to right

END OF DANCE