



MIXED UP

Choreographed by: Pat Stott (United Kingdom) , Carrie Ann Green (Spain)

Music: **Little Mix** by **Word Up** [CD: Sports Relief official Charity track 2014]

Descriptions: 64 count, 2 wall, Intermediate level line dance

16 Count intro from main beat, commence after 23 seconds from start of track.

Walk Forward R,L, Shuffle Fwd, Step ½ Turn, L Kick Ball Change

1-2 Walk fwd R, Walk fwd L (with attitude!)

3&4 Shuffle fwd R, (R,L,R)

5-6 Step L fwd pivot ½ turn R, (**6.00**)

7&8 Kick L forward, step on L ball beside R, step R in place

L Cross Samba, R Cross Samba, L Jazz box ¼ turn (L), touch

1&2 L Cross Samba Cross Left Over Right, Rock Right to Right Side, Recover on Left

3&4 R Cross Samba Cross Right Over Left, Rock Left to Left Side, Recover on Right

5-6 Cross Left over Right. Step Right back

7-8 Make 1/4 turn Left stepping Left forward, touch Right next to Left (**3.00**)

Step Slide, Touch Kickball Cross, Step Slide, Touch Kickball Stomp Fwd

1,2 3&4 Step to right, slide L touch L (optional snake roll/upper body roll to R) , Kick L, ball, cross

567&8 Step to Left, slide R touch R (optional snake roll/upper body roll to L) Kick R, ball, stomp forward L

R Fwd Rock Recover, Shuffle ½ , Step pivot ¼ , Cross Shuffle

1-2 Fwd Rock on R recover L

3&4 Shuffle 1/2 turn right - R,L,R, (**9.00**)

5-6 Step forward on left, 1/4 pivot right (**12.00**)

7&8 Cross Left in front of Right, Step Right to Right side, Cross Left in front of Right

Alternative: replace 3&4 with 1& 1/2 triple right

Side Touch, Turn 1/8 Touch, Side Touch, Turn 1/8 Touch

1-4 Step R To right, touch L,(arms wave in air L to R, click fingers), 1/8th turn L stepping to left Side Touch R (Arms wave in air R to L, click fingers)

5-8 Step R , touch L (Arms wave in air L to R, click fingers) , 1/8th turn L stepping left to left, Touch R (Arms wave in air R to L, click fingers) (**9.00**)



Lunge/press right, turn 3/4 left on left, walk back right, left, coaster step, walk forward left, right

- 1-2 Lunge and press to right (prepare for turn with a body twist to right, hitch right and turn on left foot 3/4 left (**12.00**))
3-4 Step back on right, step back on left
5&6 Step back on right, close left to right, forward on right
7-8 Walk forward - left, right

Mambo forward, touch back, turn 1/4 right, twist left, step, half pivot

- 1&2 Rock forward on Left. Recover onto Right. Step back on Left
3-4 Touch right toe back, Reverse 1/4 right transferring weight to right (**3.00**)
5-6 Twist 1/4 left transferring weight to L, step forward on right (**12.00**)
7-8 Step forward on left, 1/2 pivot right transferring weight to right (**6.00**)

Stomp, stomp, applejacks, 2 heel switches, big step forward, close left to right

- 1-2 Stomp fwd left, stomp right next left slightly apart
& 3 Weight on heel of left, ball of right - left toes to left & right heel in, centre up
&4 Weight on heel of right, ball of left - right toes to right & left heel in, centre up
5&6& 2 heel switches - right heel fwd, close, left heel fwd, close
7-8 Big step forward on right (lean back slightly), close left to right (straighten up)

End of dance:

After cross shuffle, Cross R over L, unwind to face front wall.

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29th March 2014