

Mixed Up

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Pat Stott (UK) Carrie Ann Green (Almeria, Spain) March 2014

Music: Little Mix - Word Up - Sports Relief official Charity track 2014

Dance Choreographed from the music on the official video on YouTube -
<http://youtu.be/e9zc9fgVKLA>

16 Count intro from main beat, commence after 23 seconds from start of track.- No Tags, No Restarts

Section 1: 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

Section 2: L Cross Samba, R Cross Samba, L Jazz box ¼ turn (L), touch

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

3&4R 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)

Section 3: 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

Section 4: R Fwd Rock Recover, Shuffle ½ , Step pivot ¼ , Cross Shuffle

- 1-2** Fwd Rock on R recover L
- 3&4shuffle 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 steps 3&4 with 1 & 1/2 triple right

Section 5: 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)

Section 6: 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)

3-4step 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

Section 7: 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)

Section 8: 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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