

# Mixed Up

**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&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)

## **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&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 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)  
3-4            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

## **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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