

Little Mixed Up

Count: 32 **Wall:** 2 **Level:** Beginner

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

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

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

No Tags, No Restarts

Section 1: 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 2: Side rock, recover, cross shuffle, side rock, recover ¼ right, shuffle fwd

- 1-2 Rock R to right side, recover onto L
- 3&4 Cross shuffle R over L stepping R, L, R
- 5-6 Rock L to left side, recover a ¼ turn right, stepping on R (12:00)
- 7&8 Shuffle forward stepping L, R, L

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: Step Fwd ½ turn L, Stomp, Stomp, 2 heel switches, big step forward, close left to right

- 1- 2 Step Fwd on Right, pivot half turn Left (6:00)
- 3-4 Stomp fwd right, stomp left next to right slightly apart
- 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 a big step forward, Cross R over L, unwind to face front wall

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