

Little Mixed Up

32 Count, 2 Wall, Beginner

Choreographer: Pat Stott (UK) Carrie Ann Green (Spain)

March 2014

Choreographed to: Word Up by Little Mix

Sports Relief official Charity track 2014

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

- 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)
- 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
- 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
- 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 big step forward, Cross R over L, unwind to face front wall