

Mini Mix

32 Count, 4 Wall, Absolute 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 Forward diagonal. Step Touches

- 1-2 Step right fwd to right diagonal. Touch left beside right (arms wave in air L to R, click fingers)
- 3-4 Step left fwd to left diagonal. Touch right beside left (Arms wave in air R to L, click fingers)
- 5-6 Step right fwd to right diagonal. Touch left beside right(arms wave in air L to R, click fingers)
- 7-8 Step left fwd to left diagonal. Touch right beside left (Arms wave in air R to L, click fingers)

2 Walk Back R, L, R, Kick, Walk Back L,R,L, Hitch

- 1-4 Walk back on Right, Walk back on Left, Walk back on Right, Kick L fwd (12.00)
- 5-8 Walk back on Left, Walk back Right Walk back on Left, Hitch R knee slightly across left

3 Right Step, slide, Swivel heels R & L, Centre, Left Step, slide, Swivel heels L, Centre

- 1,2,3&4 Step to Right, slide L Step together, Swivel heels to R & L then Centre
- 5-6 Step to Left, slide R step together
- 7-8 Swivel heels to Left, then Centre

4 Step fwd, scuff, Step ¼ turn R, scuff, Stomp, Stomp, Twist R heel in & Twist L heel in

- 1-2 Step R fwd, scuff L,
- 3-4 Step L forward making a ¼ turn R, scuff R,
- 5-6 Stomp fwd Right, Stomp Left next to Right slightly apart
- &7&8 Twist right heel in (&), straighten up and change weight to right (7),
twist left heel in (&), straighten up and change weight to left (8)

End of Dance: finish on end of Section 4

swivel both heels to left making ¼ turn to the Right to face front wall (weight on both feet)