

Mixed Up

64 Count, 2 Wall, Intermediate

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

March 2014

Choreographed to: Word Up by Little Mix,
Sports Relief Official Charity Track 2014 (iTunes)

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

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

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)

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
5&6 7&8 Step to Left, slide R touch R (optional snake roll/upper body roll to L) Kick R, ball, stomp forward L

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

5 Side Touch, Turn 1/8 Touch, Side Touch, Turn 1/8 Touch

- 1-2 Step R To right, touch L, (arms wave in air L to R, click fingers),
3-4 1/8th turn L stepping to left Side, Touch R (Arms wave in air R to L, click fingers)
5-6 Step R touch L (Arms wave in air L to R, click fingers) ,
7-8 1/8th turn L stepping left to left, Touch R (Arms wave in air R to L, click fingers) (9.00)

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

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)

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.