

MESS AROUND

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Count: 48

Wall: 2

Level: Improver / Low Intermediate

Choreographer: Paul McAdam

Music: "A rockin good way" by Dinah Washington & Brook Benton

Count in: Approximately 16 counts into song on vocals.

(1-8) SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ SHUFFLE

- 1,2** Step left foot to left side, step right foot together
- 3&4** Left side shuffle
- 5,6** Cross rock right foot over left, recover weight onto left
- 7&8** Make a ¼ turn right and right shuffle forward

(9-16) STEP ½ TURN LEFT SHUFFLE, STEP ½ TURN, STEP ¼ TURN

- 1,2** Step forward on left foot, pivot ½ turn right
- 3&4** Left shuffle forward
- 5,6** Step forward on right foot, pivot ½ turn left
- 7,8** Step forward on right foot, pivot ¼ turn left

(17-24) CROSS ROCK SIDE SHUFFLE X2

- 1,2** Cross rock right foot over left, recover weight onto left foot
- 3&4** Right side shuffle
- 5,6** Cross rock left foot over right, recover weight onto right foot
- 7&8** Left side shuffle

(25-32) JAZZ BOX ¼ TURN, KICK-BALL-CHANGE, 2 WALKS

- 1,2** Cross right foot over left foot, step left foot back
- 3,4** Make a ¼ turn right and step right foot to right side, step left foot forward
- 5&6** Right kick-ball-change
- 7,8** Walk forward right, left

(33-40) MONTEREY TURN, SIDE ROCK ¼ TURN, SHUFFLE FORWARD

- 1,2** Touch right toe out to right side, make a ½ turn right and step right foot next to left

- 3,4** Touch left toe to left side, step left foot next to right
- 5,6** Rock right foot out to right side, make a $\frac{1}{4}$ turn left and recover weight onto left foot
- 7&8** Right shuffle forward

(41-48) STEP $\frac{1}{2}$ TURN, $\frac{1}{2}$ LEFT SHUFFLE, BACK ROCK, RIGHT SHUFFLE

- 1,2** Step forward on left foot, pivot $\frac{1}{2}$ turn right
- 3&4** Make a $\frac{1}{2}$ turn right doing a left shuffle back.
- 5,6** Rock back on right foot, recover weight onto left
- 7&8** Right shuffle forward.

START AGAIN AND ENJOY!