



# Little Mixed Up

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**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

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**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**

**Hope you enjoy this. Ray**

**Last Update - 18th March 2014**