

Don't Mind Messin'

Choreographed by Barry Amato - www.barryamato.com

Music: "Don't Mind Messin'" by Big Blue Hearts. Music available through bigbluehearts.com or email barry@barryamato.com

4 Wall / 32 count / High Beginner dance w/ 8 count toe fan on walls 2, 5, & 9. You will hear it in the music.

BPM: 155 Intro: 64 counts

toe strut, toe strut, slide, hold, rock step

- 1-2 Touch R toe to R side (1). Place heel and weight down on R (2).
- 3-4 Cross L over R and touch L toe (3). Place heel and weight down on L(4).
- 5-6 Take a big step to the R (5). Hold (6).
- 7-8 Rock on L foot behind R (7). Step on R foot in place (8).

1/4 turn/toe strut, 1/4 turn/toe strut, 1/4 turn/coaster step

- 1-2 On ball of R foot, 1/4 turn to the L as you touch L foot forward (1). Place heel and weight down on L foot (2).
- 3-4 On ball of L foot, 1/4 turn to the L as you touch the R next to the L (3). Place heel and weight down on R foot (4).
- 5-6-7 On ball of R foot, 1/4 turn L as you begin a coaster step, stepping back on the L foot (5). Continue with coaster step as you step R foot together with L (6). Step forward on L foot (7). *Note: This coaster step is not counted as 5&6 but rather 5-6-7.
- 8 Hold.

rock forward, recover, rock back, recover, step, 1/2 turn pivot, step forward

- 1-2 Rock forward on R foot (1). Recover in place on L foot (2).
- 3-4 Rock back on R foot (3). Recover in place on L foot (4).
- 5-6-7 Step forward on R foot (5). 1/2 turn pivot to the L with L foot taking weight (6). Step forward on the R foot (7).
- 8 Hold.

rock forward, recover, rock back, recover, step, 1/2 turn pivot, step forward

- 1-2 Rock forward on L foot (1). Recover in place on R foot (2).
- 3-4 Rock back on L foot (3). Recover in place on R foot (4).
- 5-6-7 Step forward on L foot (5). 1/2 turn pivot to the R with R foot taking weight (6). Step forward on the L foot (7).
- 8 Hold.

Begin dance again

TAG: (Don't' get scared :), it's really nothing!)

- 1-8 Stomp R up foot next to L, keeping weight on the L (1). Fan R toes L-R-L-R-L-R-L
- *Note: This happens only 3 times and you will hear it in the music. The pattern is as follows:**

2 walls - toe fan

3 walls - toe fan

4 walls - toe fan

Regular pattern to the last beat of the music.

