



Approved by:

P. McAdam

Mess Around

2 WALL - 48 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Side, Together, Chasse, Cross Rock, Shuffle 1/4 Turn Step left to left side. Step right beside left. Step left to left side. Close right beside left. Step left to left side. Cross rock right over left. Recover onto left. Shuffle turn 1/4 turn right, stepping - right, left, right.	Side Together Side Close Side Cross Rock Shuffle Turn	Left On the spot Turning right
Section 2 1 - 2 3 & 4 5 - 6 7 - 8	Step, Pivot 1/2, Forward Shuffle, Step, Pivot 1/2, Step, Pivot 1/4 Step left forward. Pivot 1/2 turn right. Step left forward. Close right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/4 turn left.	Step Pivot Left Shuffle Step Pivot Step Pivot	Turning right Forward Turning left
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Cross Rock, Chasse (x 2) Cross rock right over left. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side.	Cross Rock Side Close Side Cross Rock Side Close Side	On the spot Right On the spot Left
Section 4 1 - 2 3 - 4 5 & 6 7 - 8	Jazz Box 1/4 Turn, Kick Ball Change, Walk x 2 Cross right over left. Step left back. Make 1/4 turn right and step right to right side. Step left forward. Kick right forward. Step left beside right. Step onto right in place. Walk forward right. Walk forward left.	Cross Back Turn Step Kick Ball Change Right Left	Back Turning right On the spot Forward
Section 5 1 - 2 3 - 4 5 - 6 7 & 8	Monterey 1/2 Turn, Rock 1/4 Turn, Forward Shuffle Touch right toe to right side. Make 1/2 turn right stepping right beside left. Touch left toe to left side. Step left beside right. Rock right to right side. Make 1/4 turn left and recover onto left. Step right forward. Close left beside right. Step right forward.	Touch Turn Touch Together Rock Turn Right Shuffle	Turning right On the spot Turning left Forward
Section 6 1 - 2 3 & 4 5 - 6 7 & 8	Step, Pivot 1/2, Shuffle 1/2, Back Rock, Forward Shuffle Step left forward. Pivot 1/2 turn right. Shuffle back 1/2 turn right, stepping - left, right, left. Rock right back. Recover onto left. Step right forward. Close left beside right. Step right forward.	Step Pivot Shuffle Turn Back Rock Right Shuffle	Turning right Turning left On the spot Forward

Choreographed by: Paul McAdam (UK) January 2009

Choreographed to: 'A Rockin' Good Way' by Dinah Washington and

Brook Benton (130 bpm) from various CDs (16 count intro, on vocals).

Music Suggestion: Available on Wild Thing CD.



Music available on Wild Thing CD available from www.linedancermagazine.com or call 01704 392300



A video clip of this dance is available at www.linedancermagazine.com