

16 Step Mixer

Choreographer Unknown

24 Count Beginner Partner Progressive Dance

Music: Mile Out Of Memphis, Claypool 213 bpm

It's Not Ok , Zac Brown Band 268 bpm

HEEL, HOOK, HEEL, HOME

1-2 Touch R heel forward, hook R foot across L leg

3-4 Touch R heel forward, step R next to L

HEEL FORWARD, TOE BACK, HEEL FORWARD, STOMPS

5-6 Touch L heel forward, step L next to R

7-8 Touch R toe back, step R next to L

9-10 Touch L heel forward, step L next to R

11-12 Stomp R next to L twice, no weight

1/2 PIVOT, 1/2 PIVOT

13-14 Step forward R, turn 1/2 left, weight ending on L

15-16 Step forward R, turn 1/2 left, weight ending on L

SHUFFLES

17&18 Shuffle forward RLR

19&20 Shuffle forward LRL

21&22 Shuffle forward RLR

23&24 Shuffle forward LRL

Begin again