

Muddy Water

Compte: 64

Mur: 4

Niveau: Intermediate west coast swing



Chorégraphe: Sunday Murch (USA)

Musique: Down Into Muddy Water - Shelly Fairchild

MAMBO RIGHT SIDE, MAMBO LEFT SIDE, MAMBO RIGHT SIDE, RIGHT HEEL FRONT, LEFT HEEL FRONT

- 1&2 Mambo right to side
- 3&4 Mambo left to side
- 5&6 Mambo right to side
- 7&8 Right heel front, left heel front

STEP LEFT ¼ PIVOT, LEFT SAILOR SHUFFLE, ¼ TURN RIGHT SAILOR SHUFFLE, SHUFFLE CROSS

- 1-2 Step left ¼ pivot turn to right (weight stays on right foot)
- 3&4 Left sailor shuffle
- 5&6 Right sailor shuffle turning ¼ turn to right
- 7&8 Shuffle cross left over right

KICK BALL CHANGE RIGHT, SAMBA RIGHT, KICK BALL CHANGE LEFT, SAMBA LEFT

- 1&2 Kick ball change right
- 3&4 Samba right
- 5&6 Kick ball change left
- 7&8 Samba left

STEP PIVOT, STEP POP HEEL, STEP PIVOT, STEP POP HEEL

- 1-2 Step right pivot ½
- 3-4 Step right, pop right heel up as you drag left foot behind right
- 5-8 Repeat right pivot, right pop heel

WALK BACK, OPEN FEET, HOLD, HIPS BUMP LEFT, BUMP RIGHT, ¼ TURN LEFT SAILOR SHUFFLE

- 1-2 Walk back
- &3-4 Open feet right, left, hold
- 5-6 Hips bump left, bump hips right
- 7&8 Turning sailor shuffle left ¼

WALK FORWARD, OPEN FEET, HOLD, SWAY HIPS LEFT, RIGHT, ¼ TURN LEFT SAILOR SHUFFLE

- 1-2 Walk forward
- &3-4 Open feet right, left, hold
- 5-6 Hips bump left, bump hips right
- 7&8 Turning sailor shuffle left ¼

JUMP FRONT WITH BOTH FEET, CLAP, JUMP BACK, CLAP, JUMP FRONT, BACK, FRONT, BACK

- 1-2 Jump front with both feet, clap
- 3-4 Jump back with both feet, clap
- 5-8 Jump front, back, front, back

WALK, SLIDE TO RIGHT, GRAPEVINE LEFT ¼ TURN ON THE END

- 1-2 Walk front
- 3-4 Slide to right
- 5-7 Grapevine to left
- 8 Turn ¼ turn

REPEAT
