

Nitty Gritty

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Gloria Johnson (USA)

Musique: Put Your Heart Into It - Sherrié Austin



HEEL SWITCHES WITH LONG STEP; HIP BUMPS

- 1&2 Touch right heel forward; step on right foot; touch left heel forward
- &3 Step on left foot; taking a long step forward, step on right foot
- 4 Slide left foot up to right foot and clap hands
- 5-6 Bump hips left twice
- 7-8 Bump hips right twice.

CROSS-STEP, ¾ TURN, HIP BUMPS

- 9-10 Touch right toe to right side; cross-step right foot over left
- 11-12 Pivot ¾ turn left, clap hands
- 13-14 Bump hips left twice
- 15-16 Bump hips right twice.

"DOWN AND DIRTY" STEP WITH ½ TURN

- 17 Step right foot to right side
- 18-19 Rotate hips right to left
- 20 Slide left foot to right foot (shift weight to left foot)
- 21 Pivoting ½ turn left on left foot, step on right foot
- 22-23 Rotate hips right to left
- 24 Slide left foot to right foot (weight remains on right).

½ TURN, "DOWN AND DIRTY" STEP .

- 25 Pivoting ½ turn right on right foot, step on left foot
- 26-27 Rotate hips right to left
- 28 Slide right foot to left foot
- 29-30 Bump hips left twice
- 31-32 Bump hips right twice.

RIGHT SIDE SHUFFLES, PIVOT TURNS

- 33&34 Step right foot to right side; step left together; step right foot to right side
- 35&36 Cross-step left foot over right; step right behind left; with feet still crossed, step left foot to right side
- 37-38 Step right foot forward; pivot ½ turn left
- 39-40 Step right foot forward; pivot ½ turn left.

"DIRTY SLIDE" STEP

- 41 Step right foot back
- 42-43 Rotate hips (wiggle) right to left
- 44 Slide left foot back to right
- 45 Step left foot forward
- 46-47 Rotate hips (wiggle) right to left
- 48 Slide right foot forward to left.

REPEAT