

Mud Trot

拍数: 48 墙数: 4 级数: Beginner
编舞者: Phyllis Flemmons - August 2018
音乐: Mud on Your Boots - Joshua Moore : (Album: The Many Faces Of Joshua Moore
- 3:51)



Step sheet prepared by Harry Woods

#48 count intro, support on left

SECTION 1: SLOW HEEL SWITCH, 2 FAST HEEL SWITCHES

1-4 Tap right heel forward, step right together, tap left heel forward, step left together
5&6& Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left beside right
7&8& Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left beside right

SECTION 2: WALK FORWARD 8 or TRIPLE FORWARD 4 (raise right arm and move it as if twirling a rope)

1-4 Step right forward, step left forward, step right forward, step left forward
5-8 Step right forward, step left forward, step right forward, step left together

Optionally dance the following triple steps

1&2 Step right forward, step left beside right (3rd position), step right forward
3&4 Step left forward, step right beside left (3rd position), step left forward
5&6 Step right forward, step left beside right (3rd position), step right forward
7&8 Step left forward, step right beside left (3rd position), step left forward

SECTION 3: WALK BACK 8 or TRIPLE BACK 4 (continue arm movement as in SECTION 2)

1-4 Step right back, step left back, step right back, step left back
5-8 Step right back, step left back, step right back, step left together

Optionally dance the following triple steps

1&2 Step right back, step left beside right (3rd position), step right back
3&4 Step left back, step right beside left (3rd position), step left back
5&6 Step right back, step left beside right (3rd position), step right back
7&8 Step left back, step right beside left (3rd position), step left back

SECTION 4: KNEE LIFT, SIDE, KNOCK KNEES 2, KNEE LIFT, SIDE, KNOCK KNEES 2 (TURN ¼)

1-2 Lift right knee, step right to side
3-4 Bending knees slightly knock knees twice keeping weight right
5-6 Lift left knee, step left to side
7-8 Bending knees slightly knock knees twice keeping weight left then turn ¼ left

SECTION 5: RIGHT VINE, TOUCH, LEFT VINE, TOUCH

1-4 Step right to side, step left behind right, step right to side, touch left beside right clapping hands
5-8 Step left to side, step right behind left, step left to side, touch right beside left clapping hands

SECTION 6: STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH

1-4 Step right diagonally back, step left together, step right diagonally back, touch left beside right clapping hands
5-8 Step left diagonally back, step right together, step left diagonally back, touch right beside left clapping hands

REPEAT

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