

Get Dirty

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mark Paulino (USA) - 18 August 2022
音乐: Dirty Girl (feat. Sarah Ross & Young Gunner) - Lenny Cooper



Starts: 32 counts

[1 – 8] CROSS HEEL GRIND, CROSS HEEL GRIND ¼ TURN, PRESS ROCK RECOVER, BALL STEP STEP

1 2 R heel touch cross over L, R heel grind in place as L steps to the side
3 4 R heel touch cross over L, R heel grind ¼ turn R as L steps back 3:00
&5 6 R ball touch besides L, L press down forward, recover back onto R
&7 8 L ball touch besides R, step forward R then L

[9 – 16] KICK BALL STEP, ROCK RECOVER, SHUFFLE ½ TURN, ½ TURN, STEP BACK & KNEE POP

1&2 R kick forward, R ball touch besides L, L steps forward
3 4 Rock R forward, recover back on L
5&6 R stepping back ¼ turn R, L steps besides R, R steps to the side with ¼ turn R 9:00
7 8 L steps forward with ½ turn R, step back with R as you pop L knee up keeping L ball touching the floor 3:00

[17 – 24] STEP DRAG BODY ROLL HITCH, KICK AND POINT AND POINT, HEEL SWIVEL WITH ¼ TURN L, BODY ROLL DOWN

1 2 Step onto L as R drags toward L as you body roll down, step onto R when besides L as you hitch L forward
3&4 L kick forward, L steps besides R, R side point
&5 R steps besides L, L side point
&6 L heel swivel towards R, R heel swivel towards R with ¼ turn L (keeping weight on R) 12:00
7 8 Body roll down weight shifting forward from L and back onto R

EZ Option: Step drag hitch without the body roll (on counts 1 2)

EZ Option: Replace body roll down (on 7 8) with both heel swivel L weight shifting onto L (7), swivel back into place weight shifting onto R (8)

[25 – 32] BALL STEP WITH ¼ PIVOT TURN, SWAY SWAY, MODIFIED VAUDEVILLE HOP

&1 2 L ball touch besides R, R steps forward, ¼ turn L pivoting weight from R to L 9:00
3 4 Sway hips R, sway hips L
5&6& Cross R over the L, step L to the L, touch R heel to the R, step R down neutral
7&8& Cross L over the R, step R to the R, touch L heel to the L, step L down neutral

ENDING: At the end of the song/dance facing 9:00, cross R over L and perform a slow 3/4 pivot unwind, ending facing 12:00 wall.

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Last Update: 12 Mar 2025