

Hands in the Mud

拍数: 32 墙数: 2 级数: Intermediate / Advanced
编舞者: Niels Poulsen (DK) - July 2024
音乐: Revolution - Seibold & Garrison Starr



Intro: 16 counts from very first beat in music. App. 13 secs. into track. Start with weight on L foot
Tag: Comes twice. After walls 1 and 3, each time facing 6:00.
Phrasing: Intro, 32, Tag, 32, 32, Tag, 32, 32* (change of steps, see bottom of page), 32, Ending

[1 – 8] R rock fwd, full triple turn R, 3/8 R side together, knee pop, ball step LR, heel swivels

- 1 – 2 Rock R fwd (1), recover back on L (2) 12:00
- 3&4 Turn ½ R stepping R fwd (3), turn ½ R stepping L next to R (&), step R fwd (4) 12:00
- &5&6 Turn 3/8 R stepping L out to L side (&), step R next to L (5), pop both knees fwd (&), step both feet down ending with weight on R (6) 4:30
- &7&8 Step L fwd (&), step R fwd (7), swivel both heels out R (&), return heels back to neutral ending with weight on L (8) 4:30

[9 – 16] Ball step ½ R, 1/8 R ball cross, ¼ L fwd, ¼ L jump RL together, cross, syncopated vine

- &1 – 2 Step R next to L (&), step L fwd (1), turn ½ R stepping R fwd (2) 10:30
- &3 – 4 Turn 1/8 R stepping L to L side (&), cross R over L (3), turn ¼ L stepping L fwd (4) 9:00
- &5 – 6 Turn ¼ L jumping R to R side (&), step L next to R (5), cross R over L (6) 6:00
- &7 – 8 Step L to L side (&), cross R behind L (7), step L to L side sweeping R fwd (8) 6:00

[17 – 24] R cross & side rock, behind, behind side, L cross & side rock, behind, behind ¼ L fwd

- 1&2& Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&) 6:00
- 3 – 4& Cross R behind L sweeping L to L side (3), cross L behind R (4), step R to R side (&) 6:00
- 5&6& Cross rock L over R (5), recover on R (&), rock L to L side (6), recover on R (&) 6:00
- 7 – 8& Cross L behind R hitching R knee (7), cross R behind L (8), turn ¼ L stepping L fwd (&) 3:00

[25 – 32] R rock fwd, ½ R, L rock fwd, ¼ L fwd, step turn turn, back L, R back rock

- 1 – 2& Rock R fwd (1), recover back on L (2), make a quick ½ turn R stepping R fwd (&) 9:00
- 3 – 4& Rock L fwd (3), recover back on R (4), make a quick ¼ turn L stepping L fwd & to L side (&) 6:00
- 5 – 6& Step R fwd (5), turn ½ L stepping L fwd (6), turn ½ L stepping R back (&) 6:00
- 7 – 8& Step back on L (7), rock back on R (8), recover onto L (&) 6:00

Start Again!

Tag The tag comes twice, after walls 1 & 3, facing 6:00 each time. It's 20 counts, split into 8+8+4

[1 – 8] R rock fwd, R full turn, R back rock recover, quick step ½ L, walk R fwd

- 1 – 2 Rock R fwd (1), recover on L starting to sweep R out to R side (2) 6:00
- 3 – 4 Turn ½ R stepping R fwd (3), turn ½ R stepping L back (4) 6:00
- 5 – 6 Rock back on R (5), recover onto L (6) 6:00
- &7 – 8 Quickly step R fwd (&), turn ½ L stepping onto L (7), walk R fwd (8) 12:00

[9 – 16] Rock L fwd, L full turn, L back rock recover, quick step ½ R, walk L fwd

- 1 – 2 Rock L fwd (1), recover back on R starting to sweep L out to L side (2) 12:00
- 3 – 4 Turn ½ L stepping L fwd (3), turn ½ L stepping R back (4) 12:00
- 5 – 6 Rock back on L (5), recover fwd onto R (6) 12:00
- &7 – 8 Quickly step L fwd (&), turn ½ R stepping onto R (7), walk L fwd (8) 6:00

[17 – 20] R side step with R heel taps, both arms out to sides and up over head

1 – 4 Step R to R side tapping R heel into floor (1-4) ... Arms: spread arms out from waist (1),
move arms out to sides and up over head (2-3), place R hand on top of L with palms facing
out (4) 6:00

**Step change: The 5th time you do the main dance replace counts 29-32 (facing 6:00) with the last 4 counts of
the tag (counts 17-20). Then restart and do the last wall of the dance 6:00**

Ending: Finish wall 6: Step R to R side stretching R arm up with R hand fisted (lyrics: It's a revolution) 12:00
