

Muddy Water

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 4 级数: Intermediate west coast swing
编舞者: Sunday Murch (USA)
音乐: 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
