

# Nitty Gritty

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Gloria Johnson (USA)  
音乐: 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