

# Cindy's Down & Dirty

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Cindy Hall (USA), GYTAL (USA) & TGIF Country Dancers  
音乐: Strokin' - Clarence Carter



---

## REGGAE RIGHT - STEP RIGHT, WIGGLE, BRING LEFT NEXT TO RIGHT

1-4      Step right foot to side for two beats, wiggle, bring left foot beside right on third beat, wiggle/hold on 4

## REGGAE LEFT - STEP LEFT, WIGGLE, BRING RIGHT NEXT TO LEFT: REPEAT

5-12      Step left foot to side for two beats, wiggle. Bring right foot beside left, wiggle/hold on 4, repeat

## ROCK RECOVER, SHUFFLE BACK

13-16      Weight on left foot, right foot rock forward then return weight to left foot. Shuffle back right, left, right

17-20      Weight on right foot, left foot rock back then return weight to right foot shuffle forward left, right, left

## ROCK RECOVER ½ TURN RIGHT, SHUFFLE. ROCK RECOVER ½ TURN LEFT, SHUFFLE, ½ TURN, ¼ TURN LEFT STOMP STOMP

21-24      Rock forward on right foot then change weight to left foot and make a ½ turn to the right, shuffle forward right, left, right

## ROCK FORWARD ON LEFT, RECOVER RIGHT, SHUFFLE ½ TURN TO LEFT

25-26      Rock forward left, recover right

27&28      ½ turn shuffle left-right-left) to left

29-32      Step forward on right foot then change weight to left foot and make a ½ turn to the left, step forward on right foot then change weight to left foot and make a ¼ turn to left, stomp with right foot, stomp left foot & clap, shift weight to left to get ready for the reggae steps

**REPEAT**

---