

# Cindy's Mmm Hustle (aka Manitoba Hustle)

**COPPER** KNOB  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Cindy Hall (USA) & GYTAL (USA)  
音乐: Show Up Naked, Bring Beer - Kasey Jones



Or Music:            Brown Gravy-Joe Diffie  
                         Thanks A Lot- Martina McBride

## R Side touches, L side Touches

1-4                    Touch R toe to R, Return to center, Touch R toe to R, return  
5-8                    Touch L toe to L side, Return to center, Touch L toe to R, return

## Heel Splits, 1/4 R turn

9-12                  Split Heel apart, bring together, Heel Split, Together  
13-16                 Step R foot 1/4 turn to R, touch L toe, Step L to L, Touch R toe

## Vine R with touch Vine L with Touch Vine R with touch

17-20                 Step R to R, Step L behind R, step R to R, touch L toe  
21-24                 Step L to L, Step R behind L, step L to L, touch R toe  
25-28                 repeat 17-20

## Heel forward, toe to side, foot behind slap heel, step

29-32                 Touch L heel forward, touch L toe to L side, bring L foot behind R knee while slapping heel with hand, step L next to R  
33-36                 Touch R heel forward, Touch R toe to R side, bring R foot behind L knee while slapping heel with hand, step R next to L  
37-40                 repeat 29-32  
41-44                 repeat 33-36

## Heel Forward, step, Opposite toe Back Scuff, Heel Forward Step, Toe Back Step

45-48                 Touch L heel Forward, step on L, Touch R toe back, Scuff R forward  
48-52                 Touch R heel forwardm Step on Rm Touch L toe back, step On L

## Swivel heels L, center, Swivel Heels L center

53-56                 Swivel both heels to L, bring to center, swivel heels to L, center

## Swivel heels R, Center, Swivel Heels R, Center

57-60                 Swivel both heels to R, bring to Center, Swivel heels to R, Center

## Heel Splits

61-64                 Heel Split apart, bring together, Heel Split, Together

## REPEAT

Cindy passed on in Oct of 06, this is the original choreography as we wrote it in 1992, although in the NY area they do a 58 count nearly same dance.