

I Got Mud

拍數: 64 牆數: 2 級數: Improver
編舞者: Caroline Cooper (UK) - February 2015
音樂: Got Mud - Neal McCoy : (2:52)



INTRO: □16 COUNTS

SECTION ONE: WALK, WALK, MAMBO, BACK, BACK, COASTER

1-2 Walk forward right & left
3&4 Step forward right, bring left next to right, step back right
5-6 Walk back left & right
7&8 Step back left, bring right next to left, step forward left

SECTION TWO: SIDE ROCK RECOVER BEHIND SIDE CROSS, SIDE ROCK RECOVER BEHIND ¼ TURN STEP

1-2 Step right to right side, recover weight left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Step left to left side, recover weight right
7&8 Cross left behind right, ¼ right stepping forward right, step forward left

SECTION THREE: HIP BUMPS RLR, HIP BUMPS LRL, CROSS BACK & CROSS POINT

1&2 Slightly step right forward bumping hips right left right
3&4 Slightly step forward left bumping hips let right left
5-6 Cross right over left, step back left
&7-8 Step right to right side, cross left over right, point right to right side

SECTION FOUR: HITCH POINT & POINT HOLD, SAILOR SAILOR ¼ TURN

1-2 Hitch right in front of left, point right to right side
&3-4 Step right next to left, point left to left side, hold
5&6 Sweep left behind right, step right to right side, step left to left side
7&8 Sweep right behind left, ¼ left stepping left to left side, step right to right side

SECTION FIVE: KICK & POINT, KICK & POINT, KICK CROSS BACK, COASTER

1&2 Kick left forward, step left next to right, point right to right side
3&4 Kick right forward, step right next to left, point left to left side
5&6 Kick left forward, cross left over right, step back right
7&8 Step back left, bring right next to left, step forward left

SECTION SIX: SIDE TOGETHER SHUFFLE BACK, SIDE TOGETHER SHUFFLE FORWARD

1-2 Step right to right side, close left next to right
3&4 Step back right, bring left next to right, step back right
5-6 Step left to left side, close right next to left
7&8 Step forward left, step right next to left, step forward left

SECTION SEVEN: SWAY SWAY ¼ SHUFFLE, SWAY SWAY ¼ SHUFFLE

1-2 Step right to right side sway hips right & left
3&4 ¼ right stepping forward right, bring left next to right, step forward right
5-6 Step left to left side sway hips left & right
7&8 ¼ turn left stepping forward left, bring right next to left, step forward left

SECTION EIGHT: STEP TOUCH SHUFFLE BACK, HIP BUMPS X 2

1-2 Step forward right, touch left next to right
3&4 Step back left, bring right next to left, step back left

5&6 Step back right pushing hips right, left right
7&8 Step back left pushing hips left right left

During wall 2 facing 6 oclock restart dance after 8 Counts (section 1)
