

# Mud Trot

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Beginner  
編舞者: Phyllis Flemmons - August 2018  
音樂: Mud on Your Boots - Joshua Moore : (Album: The Many Faces Of Joshua Moore  
- 3:51)



Step sheet prepared by Harry Woods

#48 count intro, support on left

## SECTION 1: SLOW HEEL SWITCH, 2 FAST HEEL SWITCHES

1-4            Tap right heel forward, step right together, tap left heel forward, step left together  
5&6&        Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left  
              beside right  
7&8&        Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left  
              beside right

## SECTION 2: WALK FORWARD 8 or TRIPLE FORWARD 4 (raise right arm and move it as if twirling a rope)

1-4            Step right forward, step left forward, step right forward, step left forward  
5-8            Step right forward, step left forward, step right forward, step left together

Optionally dance the following triple steps

1&2            Step right forward, step left beside right (3rd position), step right forward  
3&4            Step left forward, step right beside left (3rd position), step left forward  
5&6            Step right forward, step left beside right (3rd position), step right forward  
7&8            Step left forward, step right beside left (3rd position), step left forward

## SECTION 3: WALK BACK 8 or TRIPLE BACK 4 (continue arm movement as in SECTION 2)

1-4            Step right back, step left back, step right back, step left back  
5-8            Step right back, step left back, step right back, step left together

Optionally dance the following triple steps

1&2            Step right back, step left beside right (3rd position), step right back  
3&4            Step left back, step right beside left (3rd position), step left back  
5&6            Step right back, step left beside right (3rd position), step right back  
7&8            Step left back, step right beside left (3rd position), step left back

## SECTION 4: KNEE LIFT, SIDE, KNOCK KNEES 2, KNEE LIFT, SIDE, KNOCK KNEES 2 (TURN ¼)

1-2            Lift right knee, step right to side  
3-4            Bending knees slightly knock knees twice keeping weight right  
5-6            Lift left knee, step left to side  
7-8            Bending knees slightly knock knees twice keeping weight left then turn ¼ left

## SECTION 5: RIGHT VINE, TOUCH, LEFT VINE, TOUCH

1-4            Step right to side, step left behind right, step right to side, touch left beside right clapping  
              hands  
5-8            Step left to side, step right behind left, step left to side, touch right beside left clapping hands

## SECTION 6: STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH

1-4            Step right diagonally back, step left together, step right diagonally back, touch left beside  
              right clapping hands  
5-8            Step left diagonally back, step right together, step left diagonally back, touch right beside left  
              clapping hands

REPEAT

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