

Throwin' Dirt

拍數: 32 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA) - April 2022
音樂: Dirt On It - Noah Hicks : (iTunes, amazon.com, amazon.co.uk, amazon.de)
或: Chew - Mimi Knowles : (iTunes, amazon.com, amazon.de)



Country Track: "Dirt On It" by Noah Hicks. Available on iTunes, amazon.com, amazon.co.uk, amazon.de.
Intro: 16 counts (about 11 seconds). One restart after 16 counts* during 5th repetition.

Pop Track: "Chew" by Mimi Knowles. Available on iTunes, amazon.com, amazon.de. Intro: 16 counts (about 9 seconds). No tags, no restarts.

SECTION 1. WALK R-L TURNING 1/4 R, SAILOR STEP TURNING 1/4 R, STEP FORWARD, STEP BACK TURNING 1/2 L, CHASSE L TURNING 1/4 L

1,2 Step R forward (1); Turn 1/4 right (3:00) stepping L side left (2)
3&4 Step R behind L (3); Step L side left starting 1/4 turn right (&); Step R forward finishing 1/4 turn right (6:00) (4)
5,6 Step L forward (5); Turn 1/2 left (12:00) stepping R back (6)
7&8 Turn 1/4 left (9:00) stepping L side left (7); Step R beside L (&), Step L side left (8)

SECTION 2. SCUFF & TAP BEHIND & HEEL SWITCH & TAP BEHIND & STEP SIDE, HEEL SWIVEL TURNING 1/4 R & SITTING BACK

Angle body towards 7:30 for counts 1-5&.

1&2& (Facing 7:30) Scuff R heel forward (1); Step R down (&); Tap L behind R heel (2); Step L down (&)
3&4& Tap R heel forward (3); Step R beside L (&); Tap L heel forward (4); Step L down (&)
5&6 Tap R behind L (5); Step R down (slightly back) (&); Step L side left squaring up to 9:00 (6)
7&8 Twist heels left (7); Twist heels home (&); Twist heels left turning 1/4 right (12:00) and sitting back (weight on L) (8)

*Restart here during 5th repetition.

SECTION 3. LOCKING TRIPLE, HIP BUMPS TURNING 1/4 R, HIP BUMPS TURNING 1/2 R, CROSS ROCKRECOVER-STEP SIDE

1&2 Step R forward (1); Lock-step L behind R (&); Step R forward (2)
3&4 Turn 1/4 right (3:00) touching L side left/bumping hips L twice (weight ends L) (3&4)
5&6 Turn 1/2 right (9:00) touching R side right/bumping hips R twice (weight ends R) (5&6)
7&8 Rock L across R (7); Recover R (&); Step L side left (8)

SECTION 4. CROSS, SIDE, BEHIND-SIDE-CROSS, DIAGONAL PRESS, RECOVER, TRIPLE 1-1/8 TURN L

1,2 Step R across L (1); Step L side left (2)
3&4 Step R behind L (3); Step L side left (&); Step R across L (4)
5,6 Press or rock L (diagonally forward) toward 7:30 (5); Recover R (6)
7&8 Triple L-R-L on the spot turning 1-1/8 left: Turn 1/2 left (1:30) stepping L forward (7); Step R beside L (&); Platform spin turning 5/8 left stepping L forward (8)

Easier option for 7&8: L sweeping sailor turning 1/8 left (squaring up to new wall).

Begin again and enjoy!

FINALE (when dancing to "Dirt On It"): During 7th repetition, when executing the cross rock-recover, turn the step on count 8 toward the front wall, then strike a pose on count 1 as the song ends.