

# Gritty Get Down

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Jeanie Kotlik (USA) - April 2024  
音樂: Get Down - Nitty Gritty Gr & SB the Queen



No tags or restarts

Begin dance after 16 counts of music

## S1 WALK R, L, R DIAG HEEL TOUCH, HITCH, CROSS, STEP BACK L, R, BOOTY SCOOT X2

1-2            Walk fwd on RF, walk fwd on LF  
3&4            Touch R heel diag right, hitch R knee, cross step RF over LF  
5-6            Step back on LF, Step RF back and to the right  
7-8            With even weight, bend slightly fwd, and scoot both feet back twice at the same time (can place your hands on knees or hips)

**STEP VARIATION: Bump hips back twice for 2 counts without the scoots or bending over. You can modify these 2 counts for your dance group or crowd to make them more comfortable, if they don't want to do the booty scoots, or are unable to.**

## S2 TURNING JAZZ BOX, TURNING HEEL SWITCHES R, L, R

1-2            Cross step RF over LF, step back on LF  
3-4            Turn 1/4 right, step RF to the right, step LF forward  
5&6            Touch R heel in front, turn 1/4 right, shift weight to RF, touch L heel in front  
&7            Turn 1/4 right, shift weight to LF, touch R heel in front  
8            Recover weight on RF

## S3 SLIDE LEFT, TOUCH, TURN 1/4 RIGHT, SLIDE RIGHT, TOUCH, WALK BACK L, R, L, HITCH R KNEE

1-2            Slide LF to the left, touch R toe beside ( Clap)  
3-4            Turn 1/4 right, slide RF to the right, touch L toe beside (Clap)  
5-6            Walk back L, R  
7-8            Step back on LF, hitch R knee and bend backward

## S4 TURNING HIP ROLLS 1/4, 1/4, HEEL KICKS X2, STOMP X2

1-2            Step fwd on RF, pivot 1/4 turn left while rolling hips CCW, step LF to the left  
3-4            Step fwd on RF, pivot 1/4 turn left while rolling hips CCW, step LF to the left  
&5-6            Shift weight to RF, kick L heel in front twice  
&7-8            Shift weight to LF, bend forward on bent L knee and stomp on RF twice, leaving weight even

**REPEAT S3 & S4 AT END OF DANCE. YOU WILL END UP ON 3:00 WALL**

Last Update - 14 Apr 2024-R2