

Mud in the Water

拍數: 92 牆數: 0 級數: Phrased High Improver
編舞者: Ole Jacobson (DE) & Nina K. (DE) - February 2025
音樂: Mud In The Water - The Gasoline Gypsies



Hinweis: Dance begins after 32 beats with the start of singing

Sequence (audible) AA BC16 AA BC BC BB C24 Finish 12:00 12:00 12:00 12:00 3:00: 6:00 6:00 6:00...ends at 12:00

Part/Teil A (28 count)

A1: Side touches (l+r), side, together, step, hold

1-2 LF step to the left - Touch RF next to LF
3-4 RF step to the right - Touch LF next to RF
5-6 LF step to the left - Place RF next to LF
7-8 LF step forward - Hold

A2: Step, recover, step ¼ turn r, hold, side ¼ turn r, recover

1-2 RF step forward - Shift weight to LF
3-4 ¼ turn r, RF step forward - Hold (03:00)
5-6 ¼ turn r, LF step to the left - Shift weight to RF (06:00)

A3: Shuffle a cross ¼ turn r, hold, step, lock step, hold

1-2 Cross LF over RF – 1/8 turn r, step RF to LF
3-4 1/8 turn r, step LF forward – Hold (09:00)
5-6 RF step forward - Place LF next to RF (left toe to right heel)
7-8 RF step forward - Hold

A4: Step, ¼ turn r, cross, hold, side, touch

1-2 LF step forward – ¼ turn r (12:00)
3-4 Cross LF over RF - Hold
5-6 Step RF to the right - Touch LF next to RF (Weight remains on RF)

Part/Teil B (32 count)

B1: Side, behind, side, cross, scissor step, hold

1-2 LF step to the left - Cross RF behind LF
3-4 LF step to the left - Cross RF over LF
5-6 LF step to the left - Place RF next to LF
7-8 Cross LF over RF - Hold

B2: Step, recover, side, recover, coaster step, hold

1-2 LF step to the left - RF step next to LF
3-4 LF step back - RF touch next to LF
5-6 RF step to the right - LF step next to RF
7-8 RF step forward - Hold

B3: Step, lock step, hold, step, recover, back, hold

1-2 LF step forward - Place RF behind LF (right toe to left heel)
3-4 LF step forward - Hold
5-6 RF step forward - Shift weight to LF
7-8 RF step back - Hold

B4: Slow coaster step, hold, step-lock-step, hold

- 1-2 LF step back - RF place next to LF
- 3-4 LF step forward - Hold
- 5-6 RF step forward - Place LF next to RF (left toe to right heel)
- 7-8 RF step forward - Hold

Part/Teil C (32count)**C1: Slide, back, recover (l+r)**

- 1-2 LF big step to the left - Pull RF towards LF
- 3-4 RF step back - Shift weight onto LF
- 5-6 RF big step to the right - Pull LF towards RF
- 7-8 LF step back - Shift weight onto RF

C2: Side, together, back, tap, side, together, step, hold

- 1-2 LF step to the left - RF step next to LF
- 3-4 LF step back - RF touch next to LF
- 5-6 RF step to the right - LF step next to RF
- 7-8 RF step forward - Hold

C3: Step, lock-step, hold, step, ¼ turn l, cross, hold

- 1-2 LF step forward - Place RF behind LF (right toe to left heel)
- 3-4 LF step forward - Hold
- 5-6 RF step forward - ¼ turn l
- 7-8 RF cross over LF - Hold)

C4: Back ¼ turn r, side ¼ turn r, cross, hold, scissor-step, hold

- 1-2 ¼ turn r, LF step back – ¼ turn r, RF step to the right
- 3-4 Cross LF over RF – Hold
- 5-6 RF step to the right – Place LF next to RF
- 7-8 Cross RF over LF – Hold

Finish (at the last part "C" abort after 24 counts (C3) and add the finish)**Back ¼ turn r, step ½ turn r, step, lock-step (adjust the tempo)**

- 1 ¼ turn r, LF step back (06:00)
- 2 ½ turn r, RF step forward (12:00)
- 3 LF step forward
- 4 RF behind LF (right toe to left heel)
- 5 LF step forward (and posing)

...and don't forget to smile
