

Nitty Gritty

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Put Your Heart Into It - Sherrié Austin



HEEL SWITCHES WITH LONG STEP; HIP BUMPS

1&2 Touch right heel forward; step on right foot; touch left heel forward
&3 Step on left foot; taking a long step forward, step on right foot
4 Slide left foot up to right foot and clap hands
5-6 Bump hips left twice
7-8 Bump hips right twice.

CROSS-STEP, ¾ TURN, HIP BUMPS

9-10 Touch right toe to right side; cross-step right foot over left
11-12 Pivot ¾ turn left, clap hands
13-14 Bump hips left twice
15-16 Bump hips right twice.

"DOWN AND DIRTY" STEP WITH ½ TURN

17 Step right foot to right side
18-19 Rotate hips right to left
20 Slide left foot to right foot (shift weight to left foot)
21 Pivoting ½ turn left on left foot, step on right foot
22-23 Rotate hips right to left
24 Slide left foot to right foot (weight remains on right).

½ TURN, "DOWN AND DIRTY" STEP .

25 Pivoting ½ turn right on right foot, step on left foot
26-27 Rotate hips right to left
28 Slide right foot to left foot
29-30 Bump hips left twice
31-32 Bump hips right twice.

RIGHT SIDE SHUFFLES, PIVOT TURNS

33&34 Step right foot to right side; step left together; step right foot to right side
35&36 Cross-step left foot over right; step right behind left; with feet still crossed, step left foot to right side
37-38 Step right foot forward; pivot ½ turn left
39-40 Step right foot forward; pivot ½ turn left.

"DIRTY SLIDE" STEP

41 Step right foot back
42-43 Rotate hips (wiggle) right to left
44 Slide left foot back to right
45 Step left foot forward
46-47 Rotate hips (wiggle) right to left
48 Slide right foot forward to left.

REPEAT