

Cindy's Mmm Hustle (aka Manitoba Hustle)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Cindy Hall (USA) & GYTAL (USA)
音樂: Show Up Naked, Bring Beer - Kasey Jones



Or Music: Brown Gravy-Joe Diffie
 Thanks A Lot- Martina McBride

R Side touches, L side Touches

1-4 Touch R toe to R, Return to center, Touch R toe to R, return
5-8 Touch L toe to L side, Return to center, Touch L toe to R, return

Heel Splits, 1/4 R turn

9-12 Split Heel apart, bring together, Heel Split, Together
13-16 Step R foot 1/4 turn to R, touch L toe, Step L to L, Touch R toe

Vine R with touch Vine L with Touch Vine R with touch

17-20 Step R to R, Step L behind R, step R to R, touch L toe
21-24 Step L to L, Step R behind L, step L to L, touch R toe
25-28 repeat 17-20

Heel forward, toe to side, foot behind slap heel, step

29-32 Touch L heel forward, touch L toe to L side, bring L foot behind R knee while slapping heel with hand, step L next to R
33-36 Touch R heel forward, Touch R toe to R side, bring R foot behind L knee while slapping heel with hand, step R next to L
37-40 repeat 29-32
41-44 repeat 33-36

Heel Forward, step, Opposite toe Back Scuff, Heel Forward Step, Toe Back Step

45-48 Touch L heel Forward, step on L, Touch R toe back, Scuff R forward
48-52 Touch R heel forwardm Step on Rm Touch L toe back, step On L

Swivel heels L, center, Swivel Heels L center

53-56 Swivel both heels to L, bring to center, swivel heels to L, center

Swivel heels R, Center, Swivel Heels R, Center

57-60 Swivel both heels to R, bring to Center, Swivel heels to R, Center

Heel Splits

61-64 Heel Split apart, bring together, Heel Split, Together

REPEAT

Cindy passed on in Oct of 06, this is the original choreography as we wrote it in 1992, although in the NY area they do a 58 count nearly same dance.