

Nitty Gritty

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK) - November 2009
音樂: Nitty Gritty - Kimberly Cole



16 Count intro – from the Beginning)

Heel & Side Rock (Right & Left). Cross. Back. 1/2 Turn Right. Step. Pivot 1/2 Turn Right x 2.

- 1& Dig Right heel forward. Step Slightly forward on Right.
- 2& Rock ball of Left out to Left side. Recover weight on Right.
- 3& Dig Left heel forward. Step Slightly forward on Left.
- 4& Rock ball of Right out to Right side. Recover weight on Left.
- 5&6 Cross step Right over Left. Step back on Left. Make 1/2 turn Right stepping forward on Right.
- 7& Step forward on Left. Pivot 1/2 turn Right.
- 8& Step forward on Left. Pivot 1/2 turn Right. (6 o'clock) ... Option Counts 7&8&: Left Rocking Chair

Left Mambo Forward. Right Coaster Cross. & Side Rock 1/4 Turn Right. Ball-Step Forward. Step. Pivot 1/4 Turn Right. Cross.

- 1&2 Rock forward on Left. Rock back on Right. Step back on Left.
- 3&4 Step back on Right. Step Left beside Right. Cross step Right over Left.
- &5 Rock Left out to Left side. Recover on Right making 1/4 turn Right.
- &6 Step ball of Left beside Right. Step forward on Right. (9 o'clock)
- 7&8 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right. (12 o'clock)

Touch Out. Flick. Touch Out. Behind. Side. Cross. Lunge. Recover 1/4 Turn Left. Left Lock Step Back.

- 1&2 Touch Right toe to Right side. Flick Right heel up and behind Left leg. Touch Right toe to Right side.
- 3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left.
- 5 – 6 Lunge Left out to Left side pushing hips Left. Recover on Right making 1/4 turn Left.
- 7&8 Step back on Left. Lock step Right across Left. Step back on Left. (9 o'clock)

(&) Step. Pivot 1/2 Turn Right. Left Lock Step Forward. Toe Strut 1/2 Turn Left x 2. Right Mambo Forward.

- &1 – 2 Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right.
- 3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left.
- 5& Make 1/2 turn Left stepping back on Right toe. Drop Right heel to floor.
- 6& Make 1/2 turn Left stepping forward on Left toe. Drop Left heel to floor.
- 7&8 Rock forward on Right. Rock back on Left. Step back on Right. (3 o'clock)

(&) Jump Back Out-Out. Cross. Chasse 1/4 Turn Right. Step. Pivot 3/4 Turn Right. Behind. 1/4 Turn Left. Step Forward.

- &1 – 2 Jump Left back and to Left side. Step Right out to Right side. Cross step Left over Right.
- 3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
- 5&6 Step forward on Left. Pivot 1/2 turn Right. Make 1/4 turn Right stepping Left to Left side.
- 7&8 Cross Right behind Left. Make 1/4 turn Left stepping forward on Left. Step forward on Right.

Push/Bump Hips Forward & Back. Back. Touch. Back. Touch. Left Sailor 1/4 Turn Left.

- 1&2 Touch Left Diagonally forward Left - bumping hips forward. Bump back. Push hips forward onto Left.
- 3&4 Bump hips back. Bump forward. Push hips back onto Right. (12 o'clock)
- 5& Step Left Diagonally back Left. Touch Right toe beside Left.
- 6& Step Right Diagonally back Right. Touch Left toe beside Right.

7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left. (9 o'clock)

Start Again

Note: An 8 Count Tag is needed at the End of Wall 2 ... (Facing 6 o'clock)

Right Mambo 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Step. Right Mambo Forward. Left Coaster.

1&2 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right.

3&4 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left.

5&6 Rock forward on Right. Rock back on Left. Step back on Right.

7&8 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 6 o'clock)

Robbie McGowan Hickie (UK) www.robbiemh.co.uk
