

Get Down To The Nitty Gritty

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Annemaree Sleeth (AUS) - November 2009
音樂: Nitty Gritty - Kimberly Cole



(32 Count intro – from the Beginning - Start on the word "back".)

Section 1: Touch, Touch, Sailor, Touch, Touch, 1/2 Sailor

1 – 2 Touch right forward, touch right side ,
3&4 Cross right behind left, step left side, step right side,
5 -6 Touch left forward, touch left side
7&8 Cross left behind right, turn ½ left stepping right to right side, step forward left [6:00]

Section 2: Charleston, Step Lock , Step Lock Step

1- 2 Swing right touch forward. Step back on right.
3 - 4 Swing left touch back, Step forward left,
5 – 6 Step forward right, lock left behind right,
7 & 8 Step forward right, lock left behind right Step right forward right,

Section 3: Step ½ Pivot, Rock & Cross, Step ¼ Pivot , Cross And Heel

1 - 2 Step forward left, pivot ½ right [12:00]
3 &4 Rock left side, recover right, slightly cross left over right, 12:00 ,
5 – 6 Step forward right, pivot ¼ left, 9:00
7 &8 Cross right over left, step left side, right heel 45 forward

Restart here on wall 3 facing [3:00]

Section 4: & Step, Pivot 1/2 Turn Right, Forward Touch, Step 1/4 Pivot, Step 1/4.

&1 –2 Step ball of right beside left, step forward on left, pivot 1/2 turn right. [3:00]
3 – 4 Step forward on left, touch right side .
5– 6 Step forward right, pivot 1/4 left [12:00]
7 – 8 Step forward right, pivot 1/4 left. [9:00]

Repeat

Option : Emphasis hips action as you move on the step locks

Restart on wall 3 after 24 counts, after section 3 [3:00]

Email: am9sleeth@hotmail.com
Annemaree Sleeth (Australia) <http://www.inlinedancer.webs.com>