

Mud Digger

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Phrased Improver
編舞者: Gail Smith (USA) - November 2012
音樂: Mud Digger (feat. Colt Ford) - Lenny Cooper



INTRO: 11 seconds - On downbeat of music

***** The count is based on the high pitch sound (flute?) - Counts being 1 & 2 & 3 & 4 &

PATTERN: First time - A BBBB, then AA BBBB throughout the song

PART "A" - 16 counts

SIDE-ROCK, RECOVER, SCUFF, HITCH, STEP (this section X 2)

1 & R rock out to side, L recover
2 & R scuff, R hitch and slap right knee
3 & R step forward, L scuff
4 & L hitch and slap right knee, L step forward
5 - 8 REPEAT counts 1 - 4 & (12:00)

MAMBO 1/2 TURN, FORWARD HIP BUMPS, 1/2 TURNING HIP BUMPS, COASTER STEP

1 & 2 R rock forward, L recover, 1/2 turn right and R step forward
3 & 4 L step forward as you bump hips forward, back, forward
5 & 6 1/2 turn shuffle left while stepping R, L, R and bump your hips R, L, R
7 & 8 L step back, R step together, L step forward (12:00)

PART "B" (MUD DIGGER) - 32 counts

HEEL DIG, 1/4 TURN GRIND, STEP BACK, COASTER STEP, LOCK STEP, CHASE 1/2 TURN

1 & 2 R heel dig forward, twist to 1/4 turn right (shift weight to L), R step slightly back
3 & 4 L step back, R step together, L step forward,
5 & 6 R step forward, L lock, R step forward,
7 & 8 L step forward, 1/2 turn left, L step forward (3:00)

REPEAT PART "B" 3 MORE TIMES AND END FACING THE FRONT WALL (12:00)

START OVER

The pattern throughout the rest of the dance is section "A" 2 times, section "B" 4 times

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