

Nitty Gritty

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Blevins (USA) - October 2013
音樂: Nitty Gritty - Kimberly Cole : (Album: Nitty Gritty EP)



32 count intro to start on the lyric "Back"

Sequence: 32 count dance -16 count Tag - 32 count dance – counts 1-8 Restart – 32 count dance – 16 count Tag – 32 count dance to end of track - Ending.

[1-8] CROSS, BACK, TAP, TAP, ¼ LEFT, ¼ LEFT, BEHIND, SIDE, TOGETHER, ¼ RIGHT

- 1-2 1) Cross L over R; 2) Step R back
3&4 3) Tap L to left; &) Tap L next to R; 4) Turning ¼ left step L forward [9:00]
5-6 5) Turning ¼ left step R to right [6:00]; 6) Step L behind R
7&8 7) Step R to right; &) Step L beside R; 8) Turning ¼ right step R forward [9:00]

[9-16] FORWARD, ½ RIGHT, CROSS, PRESS, RECOVER, SYNCOPATED TRAVELING SAILORS

- 1&2 1) Step L forward; &) Turning ½ right step R to right [3:00]; 2) Cross L over R
3-4 3) Press ball of R to right; 4) Recover to L
5&6 5) Step R behind L; &) Step L to left; 6) Step R forward and toward right diagonal
&7& &) Step L behind R; 7) Step R to right; &) Step L forward
8 8) Step R forward

[17-24] ½ RIGHT, WALK, WALK, SHUFFLE FORWARD, ¼ ROCK, ¼ RECOVER, TURNING TRIPLE

- &1-2 &) Turning ½ right step ball of L next to R [9:00]; 1-2) Walk forward R-L
3&4 3&4) Triple forward R-L-R
5-6 5) Turning ¼ right rock L to left pushing hip to left and look over L shoulder [12:00]; 6)
Turning ¼ right recover to R [3:00]
7&8 7) Turning ½ right step L back; &) Turning ½ right step R forward; 8) Step L forward [3:00]

[25-32] JAZZ SQUARE, OUT, OUT, IN, IN, OPEN, CLOSE, SIDE, BRUSH

- 1,2,3,4 1) Cross R over L; 2) Step L back; 3) Step R to right; 4) Step L forward
5&6& 5) Step R forward and out to right; &) Step L forward and out to left; 6) Step R back and to
center; &) Step L next to R
7&8& 7) Open knees; &) Close knees; 8) Step R to right; &) Brush L across R

Tag: The tag will happen both times facing the original 3 O'clock wall. Note that the brush on 32& of the basic dance is replaced with a tap to the left diagonal on &1 as noted below.

[1-8] TAP, STEP, CROSS, BACK, SIDE, CROSS, TAP, STEP, CROSS, BACK, SIDE, FORWARD

- &1 &) Tap L slightly forward and toward left diagonal; 1) Step L forward and toward left diagonal
2&3,4 2) Cross R over L; &) Step L back; 3) Step R to right; 4) Cross L over R
&5 &) Tap R slightly forward and toward right diagonal; 5) Step R forward and toward right
diagonal
6&7,8 6) Cross L over R; &) Step R back; 7) Step L to left; 8) Step R forward

9-16 FORWARD, TOGETHER, BACK, COASTER STEP, WALK, WALK, RUN, RUN, RUN, RUN

- &1,2 &) Step L a small step forward; 1) Step R beside L; 2) Step L back
3&4 3) Step R back; &) Step L next to R; 4) Step R forward

NOTE: During counts 5-8& you will complete one full rotation doing a walk around to the left.

- 5-6 5) Step L mostly forward but a little to the left diagonal; 6) Step R forward and toward left
diagonal
7&8& 7&8&) Making four tiny steps, LRLR, continue turning left until you are back to where you
started count 5.

Restart: The restart will happen the first time you face the back wall.

You will dance counts 1-6 as written and replace counts 7&8 with the steps and timing below:

&7-8 &) Step R to right; 7) Touch L beside R; 8) Hold

You will Restart at the top of the dance and you will be facing the original 12 O'clock wall.

Ending: You will be facing the back wall, after count 32 add:-

&1 &) Turn $\frac{1}{2}$ right as you hitch L knee; 1) Point L toe to left, finishing facing the original 12 O'clock wall.

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