

Stuck In the Mud

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jen Michele (USA) - April 2025

Musik: Stuck In the Mud - Sean Patrick McGraw



1 restart

Section 1: Side step right, shake and shake, sailor left, cross bounce, bounce with ½ turn, kick ball cross

- 1&2 step right foot to side as your bump/shake your hips to the right two times (12:00)
3&4 a s you angle your body to 10:30, step left foot back, right next to left, and left foot forward (10:30, but still technically on the 12:00 wall)
5&6 cross right foot over the left with the weight on the ball of foot, as you turn to the back wall you will bounce two times with weight ending on the left (6:00)
7&8 kick right foot forward, step right next to left, step left foot across the right (6:00)

Section 2: Side step, cross hitch, side step, flick behind, ¼ turn right, cross forward, left coaster step

- 1-2 step right foot to side, bring left knee up and across the right (6:00)
3-4 step left foot to side, flick right foot behind the left leg (6:00)
5-6 a s you step right foot to side make ¼ turn to right, bring left knee up into a forward hitch (9:00)
7&8 step left foot back, step right foot next to the left, step left foot forward (9:00)

****RESTART here on wall 3****

Section 3: Chase ½ turn, triple full turn, wizard right, wizard left

- 1&2 step right foot forward, make ½ turn to the left (weight ending forward on left), step right foot forward (3:00)
3&4 make a full turn turning right (just slightly traveling forward) as you step left, right, left (3:00)
5-6& on a forward angle step right foot, step left foot behind the right, and right foot forward on an angle again (3:00)
7-8& on a forward angle step left foot, step right foot behind the left, and left foot forward on an angle again (3:00)

Section 4: Heel and toe, ½ turn toe and heel, and walk walk, together, small hip shake

- 1&2 touch right heel forward, step right foot next to left, touch left toe slightly back (3:00)
&3&4 turn ½ turn left with weight ending on left, touch right toe slightly back, step right next to left and touch left heel forward (9:00)
&5-6 step left foot next to right, walk forward right, left
7&8 step right foot next to left (keeping weight on left) small hip shake/bump (right left right) (9:00)