

# Gritty Get Down

**COPPER** **NOB**  
STEPSHEETS

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Jeanie Kotlik (USA) - April 2024

Music: Get Down - Nitty Gritty Gr & SB the Queen



No tags or restarts

Begin dance after 16 counts of music

## **S1 WALK R, L, R DIAG HEEL TOUCH, HITCH, CROSS, STEP BACK L, R, BOOTY SCOOT X2**

- 1-2 Walk fwd on RF, walk fwd on LF
- 3&4 Touch R heel diag right, hitch R knee, cross step RF over LF
- 5-6 Step back on LF, Step RF back and to the right
- 7-8 With even weight, bend slightly fwd, and scoot both feet back twice at the same time (can place your hands on knees or hips)

**STEP VARIATION:** Bump hips back twice for 2 counts without the scoots or bending over. You can modify these 2 counts for your dance group or crowd to make them more comfortable, if they don't want to do the booty scoots, or are unable to.

## **S2 TURNING JAZZ BOX, TURNING HEEL SWITCHES R, L, R**

- 1-2 Cross step RF over LF, step back on LF
- 3-4 Turn 1/4 right, step RF to the right, step LF forward
- 5&6 Touch R heel in front, turn 1/4 right, shift weight to RF, touch L heel in front
- &7 Turn 1/4 right, shift weight to LF, touch R heel in front
- 8 Recover weight on RF

## **S3 SLIDE LEFT, TOUCH, TURN 1/4 RIGHT, SLIDE RIGHT, TOUCH, WALK BACK L, R, L, HITCH R KNEE**

- 1-2 Slide LF to the left, touch R toe beside ( Clap)
- 3-4 Turn 1/4 right, slide RF to the right, touch L toe beside (Clap)
- 5-6 Walk back L, R
- 7-8 Step back on LF, hitch R knee and bend backward

## **S4 TURNING HIP ROLLS 1/4, 1/4, HEEL KICKS X2, STOMP X2**

- 1-2 Step fwd on RF, pivot 1/4 turn left while rolling hips CCW, step LF to the left
- 3-4 Step fwd on RF, pivot 1/4 turn left while rolling hips CCW, step LF to the left
- &5-6 Shift weight to RF, kick L heel in front twice
- &7-8 Shift weight to LF, bend forward on bent L knee and stomp on RF twice, leaving weight even

**REPEAT S3 & S4 AT END OF DANCE. YOU WILL END UP ON 3:00 WALL**

Last Update - 14 Apr 2024-R2