

# Cindy's Mmm Hustle (aka Manitoba Hustle)



**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Cindy Hall (USA) & GYTAL (USA)

**Music:** Show Up Naked, Bring Beer - Kasey Jones



Or Music: Brown Gravy-Joe Diffie  
Thanks A Lot- Martina McBride

## **R Side touches, L side Touches**

1-4 Touch R toe to R, Return to center, Touch R toe to R, return  
5-8 Touch L toe to L side, Return to center, Touch L toe to R, return

## **Heel Splits, 1/4 R turn**

9-12 Split Heel apart, bring together, Heel Split, Together  
13-16 Step R foot 1/4 turn to R, touch L toe, Step L to L, Touch R toe

## **Vine R with touch Vine L with Touch Vine R with touch**

17-20 Step R to R, Step L behind R, step R to R, touch L toe  
21-24 Step L to L, Step R behind L, step L to L, touch R toe  
25-28 repeat 17-20

## **Heel forward, toe to side, foot behind slap heel, step**

29-32 Touch L heel forward, touch L toe to L side, bring L foot behind R knee while slapping heel with hand, step L next to R  
33-36 Touch R heel forward, Touch R toe to R side, bring R foot behind L knee while slapping heel with hand, step R next to L  
37-40 repeat 29-32  
41-44 repeat 33-36

## **Heel Forward, step, Opposite toe Back Scuff, Heel Forward Step, Toe Back Step**

45-48 Touch L heel Forward, step on L, Touch R toe back, Scuff R forward  
48-52 Touch R heel forwardm Step on Rm Touch L toe back, step On L

## **Swivel heels L, center, Swivel Heels L center**

53-56 Swivel both heels to L, bring to center, swivel heels to L, center

## **Swivel heels R, Center, Swivel Heels R, Center**

57-60 Swivel both heels to R, bring to Center, Swivel heels to R, Center

## **Heel Splits**

61-64 Heel Split apart, bring together, Heel Split, Together

## **REPEAT**

Cindy passed on in Oct of 06, this is the original choreography as we wrote it in 1992, although in the NY area they do a 58 count nearly same dance.