

Nitty Gritty

Compte: 64

Mur: 4

Niveau: Phrased Low Intermediate

Chorégraphie: Cowboys & Angels Social Class (AUS) - June 2019

Musique: Knockin' Boots - Luke Bryan : (Dance starts straight away on Lyrics)



[Sequence: AA AAB AA AAB AA**B]

(Restart is Wall 12)

Part A (32 counts) 4 Wall

Rock Recover, Behind & Cross, Rock Recover, Cross Point

- 1,2, Rock R to R side, recover weight to L,
- 3&4 Step R behind L & Step L side, Cross R over L
- 5,6 Rock L to L side, recover weight to R foot,
- 7,8 Cross L over R, Point R to R side

½ pivot, Shuffle Fwd, Point Forward, Hold & Together, Point Forward Hold & Together

- 1,2 Step R forward, ½ pivot turn L transfer weight to L (6:00)
- 3&4 Step R forward & Bring L toward R, Step R forward
- 5,6& Point L forward, Hold & Step L together,
- 7,8& Point R forward, Hold** & Step R together

Rock Side, Recover, Behind, Side, Cross, Side, Behind, Point Side

- 1,2 Rock L to L side, Recover weight to R foot
- 3,4, Cross L behind R, Step R to R side,
- 5,6 Cross L over R, Step R to R side
- 7,8 Cross L behind R, Point R to R side

Double Heel & Switch, Double Heel & Switch & Step Fwd, ¼ Pivot, Kick ball Cross

- 1,2& Double R Heel Tap Forward & Step R together
- 3,4& Double L Heel Tap Forward & Step L together
- 5,6 Step R forward, ¼ pivot turn L transfer weight onto L (3:00)
- 7&8 Kick R foot to R 45 degree & Step R foot together, Cross L over R

Part B (32 Counts) 1 Wall (Facing 12:00 every time)

Shuffle Side, Cross, Together, Buttermilks x 2

- 1&2 Step R to R side & bring L together, Step R to R side
- 3,4 Cross L over R, Step R beside L
- 5,6,7,8 Twist both Heels Out, In, Out, In

¼ Shuffle, Behind, ¼ step Fwd, Buttermilks x 2

- 1&2 ¼ turn L Stepping L to L side & bring R together, Step L to L side (9:00)
- 3&4 Cross R behind L & Making ¼ turn L Step L forward, Step R forward (6:00)
- 5,6,7,8 Twist both heels Out, In, Out, In

Shuffle Side, Cross, Together, Buttermilks x 2

- 1&2 Step R to R side & bring L together, Step R to R side
- 3,4 Cross L over R, Step R beside L
- 5,6,7,8 Twist both Heels Out, In, Out, In

¼ Shuffle, Behind, ¼ step Fwd, Buttermilks x 2

- 1&2 ¼ turn L Stepping L to L side & bring R together, Step L to L side (3:00)
- 3&4 Cross R behind L & Making ¼ turn L Step L forward, Step R forward (12:00)
- 5,6,7,8 Twist both heels Out, In, Out, In

****RESTART: Wall 12 Dance to Count 16 in part A. Start the dance again with Rock to R**

This is a dance choreographed for dancers by dancers, it's a bit a fun and we had lots of fun putting it together as a class.

Enjoy it and dance with a smile!

Contact Jamie Robinson - Cowboys & Angels - jrobinson@live.com.au
