The Nitty Gritty

Niveau: Beginner

Compte: 64 Chorégraphe: Sue French (AUS) - June 2025 Musique: The Nitty Gritty - Shirley Ellis

Start: On vocals

RIGHT AND LEFT FORWARD DIAGONAL TOUCHES

- 1-2 touch R across L. return to centre
- 3-4 touch L across R, return to centre
- 5-8 repeat 1-4

WALK BACK X4, DOUBLE TAP WALKING FORWARD

- 9-10 step R back, step L back
- 11-12 repeat 9-10
- 13-14 touch R forward, step R in place
- 15-16 touch L forward, step L in place

RIGHT BRUSHES X3, STEP IN PLACE

- 17-18 kick R in front brushing ball of foot, kick R back brushing ball of foot
- 19-20 kick R in front brushing ball of foot, return to centre
- 21-22 step L in place twice
- 23-24 step R in place twice

LEFT BRUSHES X3, STEP IN PLACE

- 25-26 kick L in front brushing ball of foot, kick L back brushing ball of foot
- 27-28 kick L in front brushing ball of foot, return to centre
- 29-30 step R in place twice
- 31-32 step L in place, touch L in place

HEEL DIGS, STAND ON TOES

- touch L heel in front, return to centre 33-34
- 35-36 stand on both tip toes, place both heels down, repeat
- 37-38 touch R heel in front, return to centre
- 39-40 stand on both tip toes, place both heels down, repeat

TOUCHES X2, TWISTS X4

- 41-42 touch R in front, return to centre
- 43-44 touch L in front, return to centre
- 45-48 with weight on balls of feet twist body R, L, R, L

STEP IN PLACE WITH SIDE KICKS

- 49-50 step R in place, step L in place
- 51-52 step R in place, kick L out to left side
- 53-54 step L in place, step R in place
- 55-56 step L in place, kick R out to right side

WALK IN A CIRCLE

- 57-58 step R to right, step L to right
- 59-64 repeat 57-58 so you are facing 12:00

REPEAT





Mur: 1

(This line dance was inspired by Bobby Banas' original choreography for The Nitty Gritty in 1963)