

Gritty Get Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Jeanie Kotlik (USA) - April 2024
音乐: 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