

Nitty Gritty

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Sho Botham (UK)
音樂: Bang, Bang, Bang - Nitty Gritty Dirt Band



STEP TOUCH AND STEP FORWARD, FORWARD, BACK, TOGETHER

Hands in front of thighs to start, loose fists, fingers facing legs

- 1-4 Step right to right raising right elbow to shoulder height, touch left beside right returning arm to start, reverse to left
- 5-8 Step forward right to right diagonal, step forward left to left diagonal, step back right, close left to right

SIDE TOUCHES, STOMP, HITCH AND TOUCH COMBINATION

- 1&2 Touch right to right, switch touching left to left
- 3-4 Stomp left beside right, hitch left
- 5-6 Step left across right, touch right toe behind
- 7-8 Hitch right making $\frac{1}{4}$ turn to right, step or stomp right slightly forward

Arms: Coordinate arms to mirror steps. With elbows close to sides, right hand low to right on count 1, left hand low to left, count 2; arms lower to sides, count 3, raise hands to shoulder height with hitch on count 4

SYNCOPATED HITCH & EXTENDED TOUCH BACK COMBINATION

- 1-4 Hitch left, step back left, extended touch back right, hold position
- 5-8 Step right forward, hitch left, step back left, touch right beside left

STEP SCUFF, CROSSING SHUFFLE INTO SIDE DOUBLE KNEE BEND AND INVERTED TOE/HEEL/TOE ACTION BRINGING FEET TOGETHER

- 1-2 Step right, scuff left, making $\frac{1}{4}$ turn to right
- 3&4 Crossing shuffle left-right-left (left in front) traveling diagonally backwards to right diagonal back
- 5 Step right to right turned out, bending both knees
- 6-7 8 Invert or fan toes inwards, fan heels inwards, then place toes parallel.

By count 8, feet should be together with straight legs. Arms: try small figure of eight hands to coordinate leg/feet moves on counts 6-8

REPEAT
