

Kickin Up Mud

February 28, 2010

Choreographed by: Nancy Morgan (Fletcher)

Dance Information: 32 Count, 4 Wall, Lower Intermediate, East Coast Rhythm

Music: Kickin Up Mud by The LACS **CD:** Single **BPM:** 126 **Start:** After 16 Counts

Video: <http://www.youtube.com/watch?v=KKgxWXZNslg>

Begin with feet together.

STEP, TOGETHER, STEP, TOUCH, TURN, TOUCH

1,2,3,4 Step Right to Right side, step Left next to Right, Step Right to Right side, Touch Left next to Right

5,6,7,8 Full Turn – Step Left fwd ¼ turn to Left, step Right to Right side ¼ turn to Left, Step back Left ¼ turn to Left, touch Right next to Left ¼ turn to Left (Back at the wall you started with)

SHUFFLE FWD, SHUFFLE FWD, STEP FWD OUT-OUT, STEP BACK OUT-OUT

1&2 Shuffle forward diagonally to Right – Right, Left, Right

3&4 Shuffle forward diagonally to Left – Left, Right, Left

5,6,7,8 Step Forward on your Right foot (Roll into your Right Hip), Step forward on your Left foot Shoulder width apart from Right (Roll into your Left Hip), Step back on your Right foot (Rolling back to your Right hip), step back on your Left foot (Fairly close to your Right as you roll back to your Left hip)

BOUNCE TWICE ON RIGHT HIP, TWICE ON LEFT, ROLL HIPS FOR 4 COUNTS WITH ¼ TURN TO LEFT

1,2,3,4 Bounce two times forward on your Right hip, bounce two times on back on your Left hip

5,6,7,8 Roll hips two times counter clock wise as you turn ¼ turn to Left for a count of 4 (Weight ends on Left)

TWO HEEL JACKS, HEEL AND HEEL AND STEP FWD TOGETHER

&1&2 Step back on Right (Lean back a little), tap Left heel forward, step Left next to Right, touch Right next to Left

&3&4 Step back on Right (Lean back a little), tap Left heel forward, step Left next to Right, touch Right next to Left

5&6& Tap Right heel forward, step Right next to Left, tap Left heel forward, step left next to Right

7,8 Step forward on Right, Stomp Left next to Right

Begin Again!

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