

# Mud Trot

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**Count:** 48                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Phyllis Flemmons – August 2018

**Music:** Mud On Your Boots by Joshua Moore [Album: The Many Faces Of Joshua Moore] (135 BPM, 3:51)

## Step sheet prepared by Harry Woods

### #48 count intro, support on left

#### SECTION 1: SLOW HEEL SWITCH, 2 FAST HEEL SWITCHES

- 1-4**            Tap right heel forward, step right together, tap left heel forward, step left together
- 5&6&**        Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left beside right
- 7&8&**        Tap right heel forward, step ball of right beside left, tap left heel forward, step ball of left beside right

#### SECTION 2: WALK FORWARD 8 or TRIPLE FORWARD 4 (raise right arm and move it as if twirling a rope)

- 1-4**            Step right forward, step left forward, step right forward, step left forward
- 5-8**            Step right forward, step left forward, step right forward, step left together

#### Optionally dance the following triple steps

- 1&2**            Step right forward, step left beside right (3rd position), step right forward
- 3&4**            Step left forward, step right beside left (3rd position), step left forward
- 5&6**            Step right forward, step left beside right (3rd position), step right forward
- 7&8**            Step left forward, step right beside left (3rd position), step left forward

#### SECTION 3: WALK BACK 8 or TRIPLE BACK 4 (continue arm movement as in SECTION 2)

- 1-4**            Step right back, step left back, step right back, step left back
- 5-8**            Step right back, step left back, step right back, step left together

#### Optionally dance the following triple steps

- 1&2**            Step right back, step left beside right (3rd position), step right back
- 3&4**            Step left back, step right beside left (3rd position), step left back
- 5&6**            Step right back, step left beside right (3rd position), step right back

**7&8** Step left back, step right beside left (3rd position), step left back

**SECTION 4: KNEE LIFT, SIDE, KNOCK KNEES 2, KNEE LIFT, SIDE, KNOCK KNEES 2 (TURN ¼)**

**1-2** Lift right knee, step right to side

**3-4** Bending knees slightly knock knees twice keeping weight right

**5-6** Lift left knee, step left to side

**7-8** Bending knees slightly knock knees twice keeping weight left then turn ¼ left

**SECTION 5: RIGHT VINE, TOUCH, LEFT VINE, TOUCH**

**1-4** Step right to side, step left behind right, step right to side, touch left beside right clapping hands

**5-8** Step left to side, step right behind left, step left to side, touch right beside left clapping hands

**SECTION 6: STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH**

**1-4** Step right diagonally back, step left together, step right diagonally back, touch left beside right clapping hands

**5-8** Step left diagonally back, step right together, step left diagonally back, touch right beside left clapping hands

**REPEAT**

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