

CINDY'S DOWN & DIRTY

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Count: 32 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Cindy Hall, GYTAL & TGIF Country Dancers

Music: Strokin' by Clarence Carter

REGGAE RIGHT - STEP RIGHT, WIGGLE, BRING LEFT NEXT TO RIGHT

1-4 Step right foot to side for two beats, wiggle, bring left foot beside right on third beat, wiggle/hold on 4

REGGAE LEFT - STEP LEFT, WIGGLE, BRING RIGHT NEXT TO LEFT: REPEAT

5-12 Step left foot to side for two beats, wiggle. Bring right foot beside left, wiggle/hold on 4, repeat

ROCK RECOVER, SHUFFLE BACK

13-16 Weight on left foot, right foot rock forward then return weight to left foot. Shuffle back right, left, right

17-20 Weight on right foot, left foot rock back then return weight to right foot shuffle forward left, right, left

ROCK RECOVER ½ TURN RIGHT, SHUFFLE. ROCK RECOVER ½ TURN LEFT, SHUFFLE, ½ TURN, ¼ TURN LEFT STOMP STOMP

21-24 Rock forward on right foot then change weight to left foot and make a ½ turn to the right, shuffle forward right, left, right

ROCK FORWARD ON LEFT, RECOVER RIGHT, SHUFFLE ½ TURN TO LEFT

25-26 Rock forward left, recover right

27&28½ turn shuffle left-right-left) to left

29-32 Step forward on right foot then change weight to left foot and make a ½ turn to the left, step forward on right foot then change weight to left foot and make a ¼ turn to left, stomp with right foot, stomp left foot & clap, shift weight to left to get ready for the reggae steps

REPEAT