

## Nitty Gritty

32 count, 2 wall, beginner/intermediate level  
Choreographer: Irene Groundwater (Canada)  
April 2005

Choreographed to: Nitty Gritty by Southern Culture,  
CD: Southern Culture On The Skids (130 bpm)

---

8 count intro

Dance sequence: Dance pattern 5 times, Dance counts 1 to 16 (Tag), Dance pattern 4 times  
To end facing front - as music ends, Cross Right over Left, Unwind ½ turn left and POSE

### 1-8 FWD, BACK, FWD, SCUFF, FWD, BACK, FWD, SCUFF

- 1-2 Rock forward on Right raising Left Heel, Rock back on Left raising Right Ball
  - 3-4 Rock forward on Right raising Left Heel, Scuff Left Heel forward past Right instep
  - 5-6 Rock forward on Left raising Right Heel, Rock back on Right raising Left Ball
  - 7-8 Rock forward on Left raising Right Heel, Scuff Right Heel forward past Left instep
- (There should be a rocking sensation on counts 1 to 3 and counts 5 to 7)

### 9-16 R. MILITARY TURN, DIAG FWD, LOCK, DIAG FWD, ½ TURN RIGHT, ½ TURN RIGHT, ½ TURN RIGHT, TOUCH

- 1-2 Right forward, Pivot ½ turn left onto Left
  - 3&4 Right diag forward, Lock Left behind Right, Right diag forward
  - 5 Pivot ½ turn right on Right Ball as Left steps back,
  - 6 Pivot ½ turn right on Left Ball as Right steps forward
  - 7 Pivot ½ turn right on Right Ball as Left steps back
  - 8 Touch Right Ball beside Left instep (body should be facing front)
- (Option – On count 3&4 – Right diag forward shuffle)  
(Option - On count 5 – Left forward. On count 6 – Right forward)

### 17-24 FWD, 2 CLAPS, SIDE, 2 CLAPS, OUT, OUT, IN, IN, OUT, OUT, IN, IN

- 1&2 Right forward, Clap hands twice to the right (shoulder high)
  - 3&4 Side step Left, Clap hands twice to the left (shoulder high)
  - 5&6& Side step Right, Side step Left, Step Right to the left, Step Left beside Right
  - 7&8& Side step Right, Side step Left, Step Right to the left, Step Left beside Right
- (Note - Counts 5 to 8& - will travel slightly back)  
(Note – On counts 5 and 7 – Extend arms out. On counts 6 and 8 – Bring arms in front of body)

### 25-32 DIAG BACK, LOCK, DIAG BACK, SIDE, ½ TURN LEFT, HIP LIFTS

- 1&2 Right diag back, Lock Left across Right, Right diag back
  - 3-4 Side step Left, Pivot ½ turn left on Left Ball and Touch Right Ball to right side
  - 5 With weight on both feet lift Right Hip to right
  - 6 With weight on both feet lift Left Hip to left
  - 7 With weight on both feet lift Right Hip to right
  - 8 With weight on both feet lift Left Hip to left (weight ends on Left)
- (Note – On counts 5 and 7 – Snap fingers to the right. On counts 6 and 8 – Snap fingers to the left)  
(Option – 5-6-7-8 – Make circular movements with the hips – or your choice)

Note: This dance was choreographed especially for the Vancouver Vibrations Event, May 20, 2005  
Special Note: This dance placed 2nd in the Non-Country Division of the Choreography Competition at the event.

Special Thanks To Debbie Diachuk who added her support and dance expertise in the demo of this dance with me at the event.