
INTRODUCTION:

When dancing to "Down Into Muddy Water," execute the following 16 counts only once at the beginning of the song, starting after the 16th beat. Then continue doing the 56-count basic dance to the rest of the song

LEFT KNEE SHAKES, STEP-DRAGS (LEFT THEN RIGHT)

- 1&2 Left step forward on ball of foot bending knee out/snapping left fingers out, bend knee in, bend knee out placing weight on left
3-4 Right step next to left, hold position
5-8 Repeat counts 1-4
- 1-2 Left big step side left, start dragging right foot next to left. At same time extend left arm side left, palm to floor and turn head to look left
3-4 Continue dragging right next to left, right touch together/clap hands
5-6 Right big step side right, start dragging left foot next to right
At same time, extend right arm side right palm to floor and turn head to look right
7-8 Continue dragging left next to right, left touch together/clap hands

PART TWO: GETTING OUR FEET WET KICKS AND COASTERS

- 1-2 Left kick forward, left kick out side left
3&4 Left step back, right step next to left, left step forward
5-6 Right kick forward, right kick out side right
7&8 Right step back, left step next to right, right step forward

KICKS AND CROSS-TURNS

- 1-2 Left kick forward, left kick out side left
3-4 Left cross behind right, pivot ½ turn left onto left foot
5-6 Right kick forward, right cross over left
7-8 Pivot ½ turn left onto right foot, left kick forward

SHUFFLE BACK, ROCK, STEP, ¼ LEFT PADDLE TURN

- 1&2 Left step back, right step back next to left, left step back
3-4 Right rock back on ball of foot, recover to left foot
5&6 Right touch forward, pivot ¼ turn left raising right slightly off floor, right touch forward
&7&8 Pivot ¼ turn left raising right slightly off floor, right touch forward, pivot ¼ turn left raising right slightly off floor, stomp right next to left placing weight

KICK & POINT, HEEL BOUNCES, ¼ TURN LEFT, & POINT, DRAG, KNEE POP

- 1&2 Left kick forward, left step next to right, right toe touch forward
3&4 Right heel tap to floor, raise right heel, right heel tap to floor
&5-6 Right step side right turning ¼ left, left toe touch forward, start dragging left foot back to meet right
7-8 Finish dragging left foot back next to right, shift weight onto left, popping right knee forward
Option: thrust pelvis forward at same time

PART THREE: DOWN INTO MUDDY WATER DIAGONAL SHUFFLES

- 1&2 Angling 45 degrees left step forward with right, left step together, right step forward
&3&4 Pivot ¼ turn right, left step forward, right step together, left step forward
&5&6 Pivot ¼ turn left, right step forward, left step together, right step forward
&7&8 Pivot ¼ turn right, left step forward, right step together, left step forward

SKIP RIGHT, ¼ TURN LEFT & POINT, HIP ROLLS

Square up to original wall

- 1&2 Right step side right, left step next to right, right step side right
&3-4 Left step next to right, right step side right, left step next to right/clap hands
&5-6 Right step side right while turning ¼ left, left toe touch forward centering weight over left foot and pushing hips back, roll hips forward
7-8 Roll hips back, roll hips forward placing weight on left foot

HEEL BOUNCES, KICKS & COASTER STEP

- &1&2 Right touch forward with heel raised, right heel tap to floor, raise right heel, right heel tap to floor placing weight on right
&3&4 Left touch forward with heel raised, left heel tap to floor, raise left heel, left heel tap to floor placing weight on left
5-6 Right kick forward, right kick out side right
7&8 Right step back, left step next to right, right step forward