



## LOVIN IN THE MUD

Choreographer: Karen Hedges [khedges111@hotmail.com](mailto:khedges111@hotmail.com) [www.dancinupastorm.com](http://www.dancinupastorm.com)  
32 count 1 wall easy intermediate 32 count bonus  
Music: 150BPM Lovin In The Mud-Rebecca Fredericks

### 1-8 WALK, WALK, SWEEP, TURN, STEP HOLD

- 1-4 Walk forward R, hold, walk forward L, hold  
5-8 Sweep R 1/2 turn left, touch R, step forward R, hold

### 9-16 SKATE, SKATE, TWIST, TWIST, TOUCH

- 9-12 Skate L, hold, skate R, Hold  
13-16 Twist heels R, twist heels L, twist heels R 1/4 turn left, touch R

### 17-24 SIDE ROCK STEP INTO SLOW SAILOR SHUFFLES

- 17-20 Step side R, recover L, step R behind L, rock L to left side  
21-24 Step R in place, step L behind R, rock side R, recover L

### 25-32 SLOW TURN, JAZZ BOX

- 25-28 Step forward R, hold, 1/2 turn left, hold  
29-32 Cross R over L, step back L, 1/4 turn right, step forward R, step forward L

### Bonus steps 32 counts

On 7<sup>th</sup> wall do first 24 counts (right after side rock steps and sailor shuffles) this is done only once through the dance

### 1-8 STEP SLIDE, TURNING JAZZ BOX

- 1-4 Long step right, slide L to meet R,  
5-8 cross R over left, step back L, 1/4 turn R, step forward L

### 9-16 REPEAT 1-8

- 9-12 Repeat 1-4  
13-16 Repeat 5-8

### 17-24 REPEAT 1-8

- 17-20 repeat 1-4  
21-24 repeat 5-8

### 25-28 REPEAT 1-4

- 25-28 repeat 1-4

### 29-32 JAZZ BOX IN PLACE

- 29-32 cross R over L, step back L, step side R, step forward L

Start the dance over and finish out.

For a nice ending do first 24 counts of the dance, after the slow sailor shuffle, step forward R, hold, 1/4 turn left facing front hold.