

# THE GRIND

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**Count:** 48      **Wall:** 4      **Level:** intermediate

**Choreographer:** Mary Kelly

**Music:** Go On by Delbert McClinton

## FAN, HOP, STEP, TOUCH, FULL TURN

- 1 Fan right foot to right side (making quarter turn to right)
- 2 Hop slightly to left on right foot
- 3-4 Step left on left foot, touch right foot beside left
- 5-6-7 Make full turn to right on right, left, right
- 8 Stomp left foot beside right

## FAN, HOP, STEP, TOUCH, FULL TURN

- 9 Fan left foot to left side (making quarter turn to left)
- 10 Hop slightly to right on left foot
- 11-12 Step right on right foot, touch left foot beside right
- 13-14-15 Make full turn to left on left, right, left
- 16 Touch right foot beside left

## HIP GRINDS, QUARTER TURNS

- 17-18 Step right foot to right side, grinding hips to right for two counts
- 19 Grind hips to left
- 20 Pivot quarter turn right on ball of left foot, at the same time, kick right foot forward
- 21-24 Repeat counts 17-20
- 25-28 Repeat counts 17-20

## STEP, HOLD, &, STEP, HITCH TURNS

- 29-30 Step forward diagonally on right foot, hold for one beat
- & Step left foot beside right foot
- 31 Step forward diagonally on right foot
- 32 Hitch left knee and at the same time, pivot on ball of right foot half turn to right
- 33-34 Step forward diagonally on left foot, hold for one beat

- &** Step right foot beside left foot
- 35** Step forward diagonally on left foot
- 36** Hitch right knee and at the same time, pivot on ball of left foot a full turn to left
- 37-40** Repeat counts 29-32
- 41-43** Repeat counts 33-35
- 44** Hitch right knee and at the same time, pivot on ball of left foot half turn to left

### **SYNCOPATED BOX STEP**

- 45-46** Step right foot across left, hold for one beat
- &** Step back on left foot
- 47** Step right on right foot
- 48** Stomp left foot beside right foot

### **REPEAT**