

The Hustle:

Music: 1. *The Hustle* by Van McCoy.

2. *Stayin' Alive* by The Bee Gees.

3. *Disco Inferno* by the Trammps.

Steps:

Part 1:

1. Walking backwards: step right, left, right, then left toe-tap with hand clap.
2. Walking forwards: step left, right, left, then right toe-tap with hand clap.
3. Repeat step #1.
4. Repeat step #2.
5. Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4th count left toe-tap with hand clap.
6. Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4th count right toe-tap with hand clap.
7. Step-touch, Step-touch (step to the right side, left toe-touch with hand clap; step to the left side, right toe-touch with hand clap).

Part 2: Do these steps with no pause or hesitation.

8. Two (2) heel clicks (Rise on toes, then hit the inside of your heels together in a row twice).
9. Double front right toe-touch.
10. Double back right toe-touch.
11. Single front right toe-touch.
12. Single back right toe-touch.
13. Single side right toe-touch, then immediately pivot on left foot making a $\frac{1}{4}$ turn to the left side AND at the same time, raising the right knee.
14. Begin the dance again from this direction. *There should not be a pause between the $\frac{1}{4}$ turn and starting the dance again.
15. Continue repeating all steps until facing the front of the room again, or until the music selection has halted.