

Do The Hustle

Release Date: February 28, 2026
Choreographers: Tammy and Marvin Lee, Friendswood, TX Tammy.Lee@swbell.net 281.482.4511
Music: The Hustle. Artist: Van McCoy & Soul City Symphony Album: Disco Baby
 MP3 download from amazon.com – or send choreographer purchased music and will return modified music.
Music Modification: Cut music at 2:18.768 and fade out twice from 2:15.127.
Time / Speed: 3:42 @ 45RPM as downloaded. Speed @ minus 3% (44 RPM) Adjusted length - 2:23.
Rhythm/Phase: Cha-Cha / 4-count Hustle RAL Phase III +2 (Ronde Box, Push Break) + 10U.
 Hustle figures are unphased - Basic, Close, Release (w/ Outsd UA Exit), Inside U/Arm Pass, Right Pass, Wrap, Unwrap, Change Hand Pass, Rk & Throwaway, Disco Wheel.
YouTube Link: <https://www.youtube.com/watch?v=4Dp48Acl62E>
Footwork: Opposite unless noted (W's footwork in parentheses)
Difficulty: AVG
Sequence: Intro-A-Interlude-B-A-C-B(1-12)-End

INTRO

[BFLY WALL] **BFLY WALL WAIT ; WAIT ;**
 1-2 BFLY WALL with lead feet free wait pickup notes and 2 meas;;

PART A (CHA)

[BFLY WALL] **OPEN BREAK ; SPOT TURN ; NEW YORKER ; UNDERARM TURN ;**
 1 **{Op Brk}** Rk apt strongly L to LOP WALL extendg trail arms out parallel to floor, rec R lowering trail arms to BFLY, sd L/cl R, sd L;
 2 **{Spot Trn}** Swvl ¼ LF on ball of L (W R) fwd R trng ½ LF, rec L trng ¼ RF to fc ptr, sd R/cl L, sd R;
 3 **{NY}** Swvl on ball of R ft bring L foot thru w/ straight leg to a sd-by-sd pos, rec R swvl to fc ptr, sd L /cl R, sd L;
 4 **{U/Arm Turn}** Raising joined lead hands bk R twds diagonal line & center, rec L to fc ptr, sd R/cl L, sd R (W swvl ¼ RF on ball of R foot fwd L trng ½ RF, rec R trng ¼ RF to fc ptr, sd L/cl R, sd L to M's right sd);

[BFLY WALL] **LARIAT w/ SIDE CHA ENDING ; ; RONDE BOX 2X ; ; ; ;**
 5-6 **{Lariat w/ sd cha endg}** Keepg lead hnds jnd stp in plc L, R, L/R, L (W circ M CW fwd R, fwd L, fwd R/cl L, fwd R); Bk R, rec L, sd R/cl L, sd R (W fwd L, fwd R to fc ptr, sd L/cl R, sd L);
 7-8 **{Ronde Box 2x}** Ronde L in front of right, sd R, bk L/lock R in front of left, back L (W ronde R in back of left, sd L, fwd R/lock L in back of right, fwd R); Ronde R in back of left, sd L, fwd R/lock L in back of right, fwd R (W ronde L in front of right, sd R, back L/lock R in front of left, back L);
 9-10 Repeat meas 7-8 of Part A;;

INTERLUDE (CHA)

[BFLY WALL] **CHASE ; ; ; ;**
 1-4 **{Chase}** Fwd L comm RF trn ½, rec fwd R, fwd L/cl R, fwd L (W bk R w/ no trn, rec L, fwd R/cl L, fwd R); fwd R comm LF trn ½, rec fwd L, fwd R/cl L, fwd R (W fwd L comm RF trn ½, rec fwd R, fwd L/cl R, fwd L); fwd L, rec R, bk L/cl R, bk L (W fwd R comm LF trn ½, rec fwd L, fwd R/cl L, fwd R); bk R, rec L, fwd R/cl L, fwd R to Low BFLY (W fwd L w/ no trn, rec R, bk L/cl R, bk L to low BFLY);

PART B (HUSTLE)

- [LOW BFLY WALL] **BASIC ; PUSH BREAK ; CLOSE TO AN "L" ; RELEASE to Fc ;**
- 1 1234 **{Basic}** Rk apt L, rec R, sip L, sip R (*W rk apt R, rec L, sip R, sip L*);
- 2 1234 **{Push Brk}** Rk apt L w/ hnds slightly out to side, rec R, ck fwd L (W bk R) turning hnds palm-to-palm and slight pushing action, bk R (*W rk apt R, rec L, ck fwd R, bk L*);
- 3 1234 **{Close to "L"}** Rk apt L, slight XRif of L off track twd W's right sd releasing trail hands swivel ¼ RF on ball of weighted foot, sd L placing trail hnd on W's back, cl R endg in L-shaped position fcg RLOD (*W rk apt R, rec fwd L, fwd R turning ½ RF trn, sd and bk L completing RF trn to end in L-shape facing WALL*);
- 4 1234 **{Release to fc BFLY}** Rk sd L turning slightly RF leading W to stp bk, rec R leading W to stp fwd, fwd L betw W's feet turning ¼ LF releasing trail hand from W's back, sd and bk R into track to Low BFLY WALL (*W rk bk R, rec fwd L moving past M, fwd R turning ½ LF, bk L completing LF trn*);
- [LOW BFLY WALL] **BASIC ; INSIDE UNDERARM PASS COH ; PUSH BRK 2X ; ;**
- 5 1234 **{Basic}** Repeat Part B meas 1;
- 6 **{Insd U/A Pass COH}** Rk apt L, slight XRif of L moving off track raising joined lead hands, fwd and sd L turning ½ RF passing W's right side leading W under joined lead hands, XRif of L onto track completing RF trn (*W rk apt R, rec fwd L, fwd R turning ½ LF, bk L completing LF trn*) lower hnds to Low BFLY COH;
- 7-8 1234 **{Push Break 2x}** Repeat Part B meas 2 twice fcg COH,;;
- [LOW BFLY COH] **WRAP ; UNWRAP ; BASIC ; RIGHT PASS ;**
- 9 1234 **{Wrap}** rk apt L, slight XRif of L moving off track raising joined lead hands to lead w to start wrap, step in plc L, step in plc R (*W bk R, rec L, fwd R turning LF to M's R sd, cl L to R*);
- 10 1234 **{Unwrap}** Rk bk L, rec R raising lead hands leading W to turn, stp in plc L, stp in plc R to BFLY fcg COH (*W rk bk R, rec fwd L, fwd R turning ½ RF to BFLY, bk L*);
- 11 1234 **{Basic}** Repeat Part B meas 1;
- 12 1234 **{Rt Pass}** Rk apt L, slight XRif off track, fwd L turning ½ RF passing W's right sd, XRif onto trk Low BFLY WALL (*W bk R, fwd L, fwd R comm RF trn passing M's right sd, fwd R comp ½ RF trn, bk L*);
- [LOW BFLY WALL] **PUSH BRK 2X ; ; CLOSE ; RELEASE w/ OUTSIDE U/ARM EXIT ;**
- 13-14 1234 **{Push Brk 2x}** Repeat Part B meas 2 twice;;
- 15 1234 **{Close}** Repeat Part B meas 3;
- 16 1234 **{Release w/ Outsd UA Exit}** Rk sd L turning slightly RF leading W to stp bk, rec R, leading W to stp forward, fwd L betw W's feet turning ¼ LF releasing trail hnd from W's bk, sd & bk R onto track (*W rk bk R, fwd L moving past ptr, fwd R trng ½ RF under jnd lead hnds, bk L*) to BFLY WALL;

REPEAT PART A**PART C (HUSTLE)**

[LOW BFLY WALL] **BASIC ; CHANGE HANDS PASS ; INSIDE U/ARM PASS ; BASIC ;**

- 1 1234 **{Basic}** Repeat Part B meas 1;
 2 1234 **{Chg Hnds Pass}** Rk apt L, raising trail hnd straight up slightly XRif, fwd L to W's right sd comm trng ½ LF lower R hand and join W's R hnd at M's R hip cont trng LF on L to fc COH, bk R joining ld hnds; (*W rk apt R, rec L, fwd R trng LF ½, bk L fcg WALL*);
 3 1234 **{Insd U/A Pass}** Repeat Part B meas 5 to Low BFLY WALL;
 4 1234 **{Basic}** Repeat Part B meas 1;

[LOW BFLY WALL] **CLOSE; RELEASE LOW BFLY WALL ; ROCK AND THROWAWAY ; DISCO WHEEL BFLY WALL ; ;**

- 5 1234 **{Close to an "L"}** Repeat meas 3 of Part B;
 6 1234 **{Release Low BFLY WALL}** Repeat meas 4 of Part B to Low BFLY WALL;
 7 1234 **{Rk and Throwaway}** Rk apt L, rec R, fwd and sd L leading W to trn ½ LF, sd and fwd R to LOP facing LOD (*W rk apt R, rec L, fwd R trng ½ LF, sd and bk L to LOP Fcg RLOD*);
 8-9 1234 **{Disco Wheel BFLY WALL}** Bk L, XRif joining hands to BFLY-BJO M Fcg LOD lead hands held at M's L hip and trail hand around W's waist, fwd L wheel RF trn looking at ptr L, fwd R to BFLY WALL (*W rk bk R, rec L to BFLY-BJO fcg RLOD extending L arm up & out at a diagonal, fwd R wheeling RF, fwd L*);
 1234 Cont fwd L, fwd R, fwd L, fwd R completing one full trn to end LOW BFLY WALL (*W Keeping trail arm extended as in meas 9 cont fwd R, fwd L, fwd R, fwd L completing one full turn to LOW BFLY WALL*);

REPEAT PART B (1-12)**END (HUSTLE)**

[LOW BFLY WALL] **WRAP & HOLD ;**

- 1 1234 **{Wrap & Hold}** Repeat Part B meas 9 facing WALL & Hold;

Quick Cues

Intro

BFLY WALL Lead Feet Free Wait P/U notes and ; ;

A Cha

Op Brk ; Spot Trn ; NY ; U/A Trn into ;
Lariat w/ sd cha endg ; ; Ronde Box 2X ; ; ; ;

Interlude Cha

Chase ; ; ; to Low BFLY [for Hustle] ;

B Hustle

Basic ; Push Brk ; Close (to an "L") ; Release to fc ;
Basic ; Insd UA Pass (COH) ; Push Brk 2x ; ;
Wrap ; Unwrap ; Basic ; R Pass (WALL) ;
Push Brk 2x ; ; Close ; Release w/ Outsd UA Exit [for Cha] ;

A Cha

Op Brk ; Spot Trn ; NY ; U/A Trn into ;
Lariat w/ sd cha endg ; ; Ronde Box 2X [for Hustle] ; ; ; ;

C Hustle

Basic ; Chg Hnds Pass (COH) ; Insd U/A Pass (WALL) ; Basic ;
Close ; Release to fc (WALL) ; Rk and Throwaway (LOP LOD) ;
Disco Wheel LOW BFLY WALL [for Hustle] ; ;

B(1-12) Hustle

Basic ; Push Brk ; Close ; Release ;
Basic ; Insd UA Pass (COH) ; Push Brk 2x ; ;
Wrap ; Unwrap ; Basic ; R Pass (WALL) ;

END Hustle

Wrap & Hold ;