

# Strut and Kick

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Margaret Koll (USA) - December 2015

Musik: Billie Jean - Michael Jackson



**\*\*To teach tow struts and kick-ball-changes**

**Alt. Music: Tonight by The Shires OR "You Walked In" by Lonestar .**

## **Toe Struts and Right Kick-Ball-Changes**

1-2 Touch right toe forward, lower heel to floor  
3-4 Touch left toe forward, lower heel to floor  
5&6 Kick right foot forward, step down on ball of right foot, step on left foot  
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

1-2 Touch right toe back, lower heel to floor  
3-4 Touch left Toe back, lower heel to floor  
5&6 Kick right foot forward, step down on ball of right foot, step on left foot  
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

## **Vine and Left Kick-Ball-Changes**

1-2 Step right foot to right side, step left foot behind right  
3-4 Step right foot to right side, touch left toe beside right foot  
5&6 Kick left foot forward, step down on ball of left foot, step on right foot  
7&8 Kick left foot forward, step down on ball of left foot, step on right foot

## **Vine 1/4 turn left and Right Kick-Ball-Changes**

1-2 Step left foot to left side, step right foot behind left  
3-4 Turning 1/4 turn step on left, touch right toe next to left foot  
5&6 Kick right foot forward, step down on ball of right foot, step on left foot  
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

**Repeat**

**This dance is used to teach toe struts, kick-ball-changes, vine and vine with 1/4 turn to new dancers**

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