

Rooster Strut

Count: 32

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Kathy Brown (USA) & Lindy Bowers (USA)

Musik: She Rules The Roost - Leland Martin



WALK LEFT, RIGHT, LEFT FORWARD TRIPLE, ROCK, RETURN, ¾ RIGHT TURNING TRIPLE

- 1-2 Walk forward left, right
3&4 Step left forward, step right next to left, step left forward
5-6 Rock forward right, return left
7&8 Turning ½ right step right forward, step left next to right, turning ¼ right step right forward

ROCK, RETURN, ½ TURNING LEFT TRIPLE, &CROSS, HOLD, SIDE ROCK CROSS

- 1-2 Rock forward left, return right
3&4 Turning ½ left, step left forward, step right next to left, step left forward
&5-6 Step right next to left, cross left over right, hold
7&8 Rock right to side, return left, cross right over left

STOMP, HOLD, RIGHT SAILOR, &STEP, STOMP RIGHT, HOLD, LEFT SAILOR

- 1-2 Stomp left, hold (clap)
3&4 Step right behind left, step left to side, step right to side
&5-6 Step left next to right, stomp right, hold (clap)
7&8 Step left behind right, step right to side, step left to side

RIGHT TOE STRUT, LEFT TRIPLE, CROSS, ¼ RIGHT TURN, ¼ RIGHT TRIPLE

- 1-2 Step ball of right forward, step right heel down
3&4 Step left forward, step right next to left, step left forward
5-6 Cross right over left, step left back turning ¼ right
7&8 Step right turning ¼ right, step left next to right, step right forward

REPEAT

There is a false ending on the song at 2:35. You can stop the dance at that point, you will be on the side rock cross, or hold after the side rock. You will hear them pluck a guitar string 2cts, 2ct, 3cts, then the drums kick in for 8cts, start the dance on the left stomp, sailors
