

Tuesday's Strut

Count: 32

Wand: 4

Ebene:

Choreograf/in: Esella Thompson (USA) & Kathleen Burger

Musik: Down to My Last Teardrop - Tanya Tucker



CABBAGE PATCH

With both hands in front of you, elbow length and body width apart, make fists palm side down. Feet slightly apart, knees bent.

1-2 With a stirring/circular motion, hands & hips rotate from left to right

3-4 Repeat

5 Bring the right hand up with a sweeping motion and snap fingers.

&6 Sweep right hand to left then back to right and snap fingers.

7-8 Stomp right, stomp right.

9 Right heel forward

10 Right toe back

11 Right heel forward

12 Shift weight forward, dropping right foot.

13 Left heel forward

14 Left toe back

15 Left heel forward

16 Shift weight forward dropping left foot

17 Right heel out, 45 degrees

18 Bring right foot together with left

19 Left heel out, 45 degrees

20 Bring left foot together with right

21 Point right toe to right

22 Place ball of right foot on left side of left foot

& ¼ turn left equally on balls of feet

23 Lower left heel

24 Clap

SUGAR STEPS

25 Ball of right foot, inside of heel facing in or forward, & twisting body right

26 With weight on ball of right foot, swivel right heel back to center position

27-28 Repeat sugar step on the left foot

29 Sugar right

30 Sugar left

31 Stamp right

32 Stamp left

REPEAT