

Chest, Heart And Stroke Strut

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Mark Hood (UK)

Musik: Two Hearts - Phil Collins



TOE STRUTS FORWARD

- 1 Touch left toe forward
- 2 Drop left heel
- 3 Touch right toe forward
- 4 Drop right heel
- 5 Touch left toe forward
- 6 Drop left heel
- 7 Touch right toe forward
- 8 Drop right heel

ROLLING GRAPEVINE, SCUFF

- 9 Step left to the left with a $\frac{1}{4}$ turn left
- 10 Step right over left with a $\frac{1}{4}$ turn to the left
- 11 Step left crossing behind right with a $\frac{1}{2}$ turn to the left
- 12 Scuff right forward

LONG-STEP, SLIDE WITH $\frac{1}{4}$ TURN, STOMP

- 13 Long-step right to the right
- 14-15 Slide left up to the right with $\frac{1}{4}$ turn to the left
- 16 Stomp right beside left

STEP, PIVOT, STEP, PIVOT

- 17 Step right forward
- 18 Pivot $\frac{1}{2}$ to the left
- 19 Step right forward
- 20 Pivot $\frac{1}{2}$ to the left

GRAPEVINE, SCUFF

- 21 Step right to the right
- 22 Step left behind right
- 23 Step right to the right
- 24 Scuff left forward

JAZZ JUMPS, CLAP TWICE

- 25 Jump forward left then right
- 26 Clap
- 27 Jump forward left then right
- 28 Clap

MASHED POTATO X8

- 29 Step left back
- & Swivel both toes in
- 30 Step right back
- & Swivel both toes in
- 31 Step left back
- & Swivel both toes in

32 Step right back
& Swivel both toes in
33 Step left back
& Swivel both toes in
34 Step right back
& Swivel both toes in
35 Step left back
& Swivel both toes in
36 Step right back

ROCK, ROCK, STEP, PIVOT

37 Rock left back
38 Rock right forward
39 Step left forward
40 Pivot $\frac{1}{2}$ to the right

REPEAT
