

Hard, Long, Soft, Short

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Mickey Gifford (USA)

Musique: Strokin' - Clarence Carter



Dance starts when CC sings ..."stroking to the east..." (until then you can sway your hips and look sexy)

SLIDE RIGHT, AGAIN, SLIDE LEFT, AGAIN, HAND MOTIONS

1-4 Slide right foot right, slide left foot to right foot, again

As you're doing this, you're making a pumping motion with your right hand, so elbow bent up pump, pump. This is the same motion you made as a kid when you wanted to get a trucker or a train to blow his horn! Left hand is on your left hip

5-8 Slide left foot left, slide right foot to left foot, again (hand motions to the left this time)

SLIDE RIGHT FOOT UP, KNEE POPS, SLIDE LEFT FOOT UP, KNEE POPS, HAND MOTIONS

1-2 Slide right foot up, on ball of that foot, right foot will bounce with knee bent (pumping 1...2 with right hand)

3-4 Slide left foot up, on ball of that foot, left foot will bounce with knee bent (pumping 1...2 with left hand)

SLIDE RIGHT FOOT BACK, KNEE POPS, SLIDE LEFT FOOT BACK, KNEE POPS, HAND MOTIONS

5-6 Right foot slide back, right foot will bounce with knee bent (pumping 1...2 with right hand)

7-8 Slide left foot back, left foot will bounce with knee bent (pumping 1...2 with left hand)

CHA - CHA, LEFT PIVOT, BACK GRAPEVINE, STEP RIGHT, PIVOT RIGHT

1-3 Right foot cha - cha (left hand on hip)

4-5 As you come back up to left foot you'll pivot left ¼ turn

6-8 Back grapevine, so left foot behind right foot, step out with right foot then pivot right on right foot right ¼ turn

FRONT GRAPEVINE, STEP RIGHT, TOGETHER WITH KNEE POP, PELVIC THRUSTS

1-4 Right foot right, front grapevine (left foot in front of right foot) right foot right, left foot right with a knee pop

5-8 Pelvic thrust 4x

LADY: Right hand behind head in a saucy gesture

MAN: Hands clasped behind your back or on hips or the girl's way if you insist

REPEAT

TAG

On 4th repeat add 8 more pelvic thrusts