

# Strut and Kick

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Margaret Koll (USA) - December 2015  
音乐: 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**

**Contact: [mlkoll@yahoo.com](mailto:mlkoll@yahoo.com)**