

Strut!

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Daniel Tobias (USA) - November 2016
音乐: Strut - Lenny Kravitz
或: Won't Get Up - Gerald Levert



Starts after 32 count intro - No Tags, No Restarts

[1-8] WALK, KICK & KNEES & POP, WALK, KICK & KNEES & POP

1,2&3&4 Walk L forward (1), Kick R (2), Place R next to L (&), Dip down, bending knees outwards (3),
 Straighten, returning knees to normal (&), Bump hip to right as you pop L knee to left side,
 snapping right fingers down to right side and turning head right (4)
5,6&7&8 Pivot left a quarter turn to face 9:00, repeat 1-4 (5-8)

[9-16] CAMEL WALK, SHUFFLE, STEP, SPIRAL, SHUFFLE, BRUSH

1,2 Pivot quarter left to face 6:00 and walk L forward (1), Lock step R to L, popping L knee (2)
3&4 Walk L forward (2), Step R next to L (&), Walk L forward (3)
5,6 Quarter turn left and step R to right side (5), Spiral on R a half turn over your left shoulder.
 Style by flicking a speck of attitude off your R shoulder with L fingers as you spiral or tossing
 the weaves (6)
7&8& Walk L toward 9:00 (2), Step R next to L (&), Walk L forward (3), Brush R next to L (&)

[17-24] STAGGERED HITCH, COASTER STEP, HITCH, HITCH

1,2,3,4 Step or stomp R forward (1), Sharply hitch L at low level (2), Sharply hitch L at medium level
 (3), Sharply hitch L at full height (4). Option: slowly raise arms forward and up to sky through
 1-4. Another Option: slightly bounce on R for each of the staggered hitches.
5&6 Step L back (5), Step R to L (&), Step L forward (6)
7,8& Hitch R (7), Pivot quarter turn right and hitch R, really accenting it (8), Place R toe next to L
 without taking weight (&)

[25-32] C-BUMPS, BALL CROSS, HEEL, BALL CROSS, HEEL, BALL STEP

1&2& With weight on L, bump hips right and up (1), Return hips (&), Bump hips right and down (2),
 Return hips (&). Option: replace C-Bumps with body roll.
3&4& With weight on L, bump hips right and up (3), Return hips (&), Bump hips right and down (4),
 Ball step R next to L (&). Option: replace C-Bumps with body roll.

Low impact option:

5,6,7,8 Toe struts: Place L toe across R (5), Cross Step L over R (6), Place R toe to right side (7),
 Step R to right side (8). Quarter turn right and begin dance again.

Medium impact option:

5,6&7,8& Cross L over R (5), Present R heel to right side (6), Ball step R next to L (&), Cross L over R
 (7), Present R heel to right side (8), Quarter turn right and ball step R next to L (&)

High impact option:

5&6&7&8 Jump to right side, landing with feet apart (5), Quarter turn right, jumping feet together (&),
 Quarter turn right and jump to left side, landing with feet apart (6), Quarter turn left,
 jumping feet together (&), Quarter turn left, repeat 5&6& (7&8&)

John Robinson option:

5-8 Bust out of your cage and go berserk, freestyling whatever the heck you want to.

Proceed to top of dance with 3:00 as your new wall.

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