

Strut

拍数: 32 墙数: 4 级数: Beginner
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音乐: Strut - Dita



1st 8 Count

1234 step RF side R, together LF, step LF L Side, step together RF
5678 step forward RF, step LF, Step RF, drop head and body down to knees

2nd 8 count

1234 pop up stepping back on LF, step back RF
5678 rock forward LF rock back LF step forward LF 1/2 pivot turn

3rd 8 count

1234 Grapevine Right
56&78 step side LF, weave RF back, step LF side L, Forward RF, side LF ,

4th 8 count

12,34 Pop right knee, pop left knee
56,78 step Rf forward 1/4 turn to left , step RF forward 1/2 turn left

Last Update: 14 Apr 2023
