

Struttasaurus

COPPER KNOB
BY STEPHEN

拍数: 128 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Britt Beresik (USA) - December 2023
音乐: Struttin' - Thumpasaurus



#32 count Intro, starts with lyrics

Phrased : AAA B C D, AAA B C D, AA (No other Tags/Restarts)

PART A - "Do Do Do" (32 counts)

[1-8] Ball - Walk Walk, Fwd Shuffle, Rocking Chair

&1-2 Step R ball, Walk Fwd L, Walk Fwd R
3&4 Step L fwd, Step R next to L, Step L fwd
5-8 Rock R fwd, Recover L, Rock R back, Recover L [12:00]

[9-16] Step Touch Fwd, Step Touch Back, Back Walk Knee Pops (x2), Sailor

1-2 Step R fwd, Touch L next to R (lean fwd and pop shoulders down R-L-R)
3-4 Step L back, Touch R next to L (lean back and pop shoulders down L-R-L)
5-6 Step R back while popping L knee, Step back L while popping R knee
7&8 Cross R behind L, Step L to left side, Step R to right side [12:00]

[17-24] Weave, Side Rock; Behind, ¼L Step, 2 Chugs Fwd

1&2 Cross L behind R, Step R to right side, Cross L over R
3-4 Rock R low (with a bend in the knees) to right side, Recover L
5-6 Cross R behind L, ¼ turn L Stepping L fwd [9:00]
7-8 With a step R to open right side, Scoot forward on both toes with a heel bounce (x2) [9:00]

[25-32] Hip Rolls with Step Touches (x2), Stomp Stomp, Bump Bump

1-2 Step R to right while rolling hips counter-clockwise L-R, tap L toe with L Hip Bump
3-4 Roll hips transferring weight R to L, tap R toe with R Hip Bump
5-8 Keeping feet apart: Stomp R, Stomp L, Hip Bump R, Hip Bump L (weight ends on L) [9:00]

REPEAT A to [9:00] & [6:00]

PART B - "Strut 1-2-3" (32 counts), start facing [3:00]

[1-8] Stomp, Heel Bounce (x 3), ¼L Stomp, Heel Bounce (x 3)

1-4 Stomp R fwd, R Heel bounce x3 (weight ends on R)
5-8 ¼ turn left and Stomp L fwd, L Heel bounce x 3 (weight ends on L) [12:00]

[9-16] Toe Strut Fwd, ¼L Toe Strut Fwd, Camel Walks (x4)

1-4 Step R toe fwd, Drop R heel, ¼ turn left and Step L toe fwd, Drop L heel [9:00]
5-8 Step forward on R and pop L knee (5), Step forward on L and pop R knee (6), Repeat 5-6 (7-8) [9:00]

[17-24] Stomp, Heel Bounce (x 3), ¼L Stomp, Heel Bounce (x 3)

Repeat Part B [1-8], end facing [6:00]

***optional: can add double claps on counts &2 and &6 while heel bouncing**

[25-32] Toe Strut Fwd, ¼L Toe Strut Fwd, Camel Walks (x4)

Repeat Part B [9-16], end facing [3:00]

PART C - "Strut Hitch" (32 counts), start facing [3:00]

[1-8] Side Toe Strut, Crossing Toe Strut w/ Hitch, Lindy

1-4 Step R toe to right side, Drop R heel; Step L toe across R, Drop L heel while hitching R knee
5&6 Step R to right side, Step L next to R, Step R to right side
7-8 Rock L behind R, Recover [3:00]

[9-16] Side Toe Strut, Crossing Toe Strut w/ Hitch, Lindy

1-4 Step L toe to left side, Drop L heel; Step R toe across L, Drop R heel with hitching L knee
5&6 Step L to left side, Step R next to L, Step L to left side
7-8 Rock L behind R, Recover [3:00]

[17-24] ¼L with Side Toe Strut, Crossing Toe Strut w/ Hitch, Lindy

1-4 ¼ turn L and Step R toe to right side, Drop R heel; Step L toe across R, Drop L heel while hitching R knee [12:00]
5&6 Step R to right side, Step L next to R, Step R to right side
7-8 Rock L behind R, Recover [12:00]

[25-32] Side Toe Strut, Crossing Toe Strut w/ Hitch, Lindy

1-4 Step L toe to left side, Drop L heel; Step R toe across L, Drop R heel with hitching L knee
5&6 Step L to left side, Step R next to L, Step L to left side
7-8 Rock L behind R, Recover [12:00]

PART D -"Jacks" (32 counts), start facing [12:00]

[1-8] Vine with Heel Jack (x2)

1-2 Step R to right side, Cross L behind R
&3&4 Step R to right side, Touch L heel to diagonal, Step L next to R, Cross R over L
5-6 Step L to left side, Cross R behind L
&7&8 Step L to left side, Touch R heel to diagonal, Step R next to L, Cross L over R [12:00]

[9-16] Vine with Heel Jack, ¼Pivot R (x2)

1-2 Step R to right side, Cross L behind R
&3&4 Step R to right side, Touch L heel to diagonal, Step L next to R, Cross R over L
5-8 Rock L to left side, Roll hips clockwise with Pivot ¼ R onto R [3:00] Rock L to left side, Roll hips clockwise with Pivot ¼ R onto R [6:00]

[17-24] Vine with Heel Jack (x2)

1-2 Step L to left side, Cross R behind L
3&4 Step L to left side, Touch R heel to diagonal, Step R next to L, Cross L over R
5-6 Step R to right side, Cross L behind R
7&8 Step R to right side, Touch L heel to diagonal, Step L next to R, Cross R over L [6:00]

[25-32] Vine with Heel Jack, ¼Pivot L (x2)

1-2 Step L to left side, Cross R behind L
3&4 Step L to left side, Touch R heel to diagonal, Step R next to L, Cross L over R
5-8 Rock R to right side, Roll hips counter-clockwise with Pivot ¼ L onto L [3:00] Rock R to left side, Roll hips counter-clockwise with Pivot ¼ L onto L [12:00]

I hope you have fun struttin' your stuff!

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