

# Strut

COPPER KNOB  
STEPSHEETS

拍数: 72      墙数: 2      级数: Intermediate  
编舞者: Luke Shrimpton (UK) - October 2024  
音乐: STRUT - EMELINE



## Intro: 16 counts - No Tags or Restarts

### [1-8] Walk back L,R, Sailor ¼ Turn, Anchor Step, Pops Back

- 1            Step back left
- 2            Step back right
- 3&4        Step left behind right, Step right to right, Step left ¼ left (9 O'clock)
- 5&6        Step right foot behind left in 3rd position, put weight on left, put weight on right
- 7            Step back left popping right knee
- 8            Step back right popping left knee

### [9-16] Coaster Step L, Step, ¼ Cross, Ball Cross x3, Unwind ½

- 9&10       Step back on left, step right next to left, step forward on left
- 11&12      Step forward on right, ¼ pivot left (6 O'clock), cross right over left
- &13        Step left to left, cross right over left
- &14        Step left to left, cross right over left
- &15        Step left to left, cross right over left
- 16         Unwind ½ left weight ending on left foot (12 O'clock)

### [17-24] R Samba, L Samba, Mambo Forward R, Mambo Back L touch

- 17&18      Cross right over left, rock left to left, recover on right
- 19&20      Cross left over right, rock right to right, recover on left
- 21&22      Rock forward on right, recover on left, Step right in place
- 23&24      Rock back on left, recover on right, touch left in place

### [25-32] Sweeps back, L Coaster, 2x ½ pivot turns

- 25           Step back on left sweeping right front to back
- 26           Step back on right sweeping left front to back
- 27&28      Step back on left, step right together, step forward on left
- 29,30      Step forward right, Pivot ½ turn left (6 O'clock)
- 31,32      Step forward right, Pivot ½ turn left (12 O'clock)

### [33-40] R heel: Cross, Side, Cross, Hitch, Cross, Ball, Rock ¼ turn, L Shuffle

- 33           Cross right heel over left
- 34           Place right heel to right side
- 35&36      Cross right heel over left, hitch right knee, cross right heel over left
- &37,38     Put weight on right, rock left to left, recover weight onto right turning ¼ turn right (9 O'clock)
- 39&40      Step forward left, step right together, step left foot forward

### [41-48] Mambo R, Sweeps back, L Coaster, ½ Pivot Turn

- 41&42      Rock weight forward on right, recover on left, step right together
- 43-48      Repeat counts 25-30 (ending facing 3 O'clock)

### [49-56] R heel: Cross, Side, Cross, Hitch, Cross, Ball, Rock ¼ turn, L Shuffle Repeat counts 33-40 (ending facing 12 O'clock)

### [57-64] Mambo R, L Coaster, Hip bumps ½ turn, Hip bumps ¼ turn

- 57&58      Rock forward on right, recover on left, Step right in place
- 59&60      Step left foot back, step right foot together, step left foot forward

- 61&62 Bump right hip forward turning  $\frac{1}{4}$  left, bump hip left, bump hip right turning  $\frac{1}{4}$  turn left (6 O'clock)
- &63&64 Put weight on left, Bump right hip forward turning  $\frac{1}{4}$  turn left, bump hip left, bump hip right (9 O'clock)

**[65-72] R Sailor, L Sailor  $\frac{1}{4}$  turn,  $\frac{1}{2}$  Pivot Turn, R Forward Coaster**

- 65&66 Step right behind left, step left to left, step right to right
- 67&68 Step left behind right, Step right to right, Step left  $\frac{1}{4}$  left (12 O'clock)
- 69,70 Step forward right, pivot  $\frac{1}{2}$  left (6 O'clock)
- 71&72 Step forward right, step left together, step back right

**Repeat**

**Last Update: 22 Oct 2024**

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