

Strut Your Stuff

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sue Korek (USA) - 25 December 2024
音乐: Her Strut - Bob Seger



Alternate Music:

Dancing on the Ceiling (Lionel Richie—19 June 1986) bpm=133, Intro: 48 counts on lyrics “What is happening here?”

No tags, no restarts

Intro: 48 counts on lyrics “She’s totally committed”

S1: (PRISSY WALK FORWARD, BACK)

1-2 Walk R forward slightly crossing over L, walk L forward slightly crossing over R
3-4 Walk R forward slightly crossing over R, kick L
5-6 Walk L back slightly crossing behind R, walk R back slightly crossing behind L
7-8 Walk L back slightly crossing behind R, touch R

S2: (TWO TOE STRUTS, ROCKING CHAIR)

1-2 Touch R toe forward, drop R heel
3-4 Touch L toe forward, drop L heel
5-6 Rock R forward, recover on L
7-8 Rock R backward, recover on L

S3: (TRIPLE FORWARD, ROCK FORWARD, RECOVER, BACK LR, COASTER STEP)

1&2 Triple forward RLR
3-4 Rock L forward, recover R
5-6 Step L backward, step R backward
7&8 Step L backward, step R beside L, step L forward

S4: (TWO TOE STRUTS FORWARD, TURN ¼ RIGHT TWO TOE STRUTS FORWARD)

1-2 Touch R toe forward, drop R heel
3-4 Touch L toe forward, drop L heel
5-6 ¼ Turn right touch R toe forward, drop R heel
7-8 Touch L toe forward, drop L heel

Enjoy this Beginner dance with many toe struts.

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