

Kansas City Strut

拍数: 48 墙数: 4 级数:
编舞者: Brittney Bowling
音乐: Kansas City - Wilbert Harrison



TOE HEEL STRUTS FORWARD

1-2 Touch right toe forward, step down on right heel
3-4 Touch left toe forward, step down on left heel
5-8 Repeat 1-4

JAZZ BOX ¼ TURN RIGHT

1-2 Step right foot across left, step back left
3-4 Step right foot next to left, step left foot next to right
5-6 Step right foot across left, step back left
7-8 Step right foot into ¼ turn right, step left foot next to right

CROSS OVER VINE ½ TURN (MOVING LEFT)

1-2 Step right foot across left, step left foot to left side
3-4 Step right behind left, step left foot into ¼ turn left
5-6 Step forward right, pivot ¼ turn left shifting weight to left foot
7-8 Step forward right, pivot ¼ turn left shifting weight to left foot

WALKING STEPS FORWARD

1-2 Step forward right, hold
3-4 Step forward left, hold
5-6 Step forward right, step forward left
7-8 Step forward right, step forward left

KICK, KICK, SAILOR SHUFFLE

1-2 Kick right foot forward, kick right foot to right side
3 Step right behind left
& Step on ball of left beside
4 Step right foot beside left (slightly out to side)
5-8 Repeat 1-4 starting with left foot

ROCK FORWARD AND BACK ¼ TURN LEFT

1 Step forward right, rock back on left foot
3 Rock back right, step forward on left foot
5 Step forward right foot
6 Pivot ¼ turn left on ball of right and step left beside right
7 Step forward right
8 Pivot ¼ turn left on ball of right and step left beside right

REPEAT
