

# K. C. Strut

拍数: 48      墙数: 2      级数: Improver west coast swing  
编舞者: Rick Bates (USA) & Deborah Bates (USA)  
音乐: The Way You Make Me Feel - Michael Jackson



## TOE/HEEL STRUT, HEEL TOUCH, TOE TOUCH, TOE/HEEL STRUT, HEEL TOUCH, TOE TOUCH

- 1-2            Step forward on toes of right foot; step down onto right heel and snap fingers
- 3-4            Touch left heel forward; touch left toe back
- 5-6            Step forward on toes of left foot; step down onto left heel and snap fingers
- 7-8            Touch right heel forward; touch right toe back

## FORWARD WALK, SYNCOPATED DIAGONAL ROCK STEP, FORWARD STEP, FORWARD WALK, SYNCOPATED DIAGONAL ROCK STEP, FORWARD STEP

- 9-10           Step forward on right foot; step forward on left foot
- 11&12        Step forward and diagonally to the right on right foot; rock onto left foot in place; step forward on right foot
- 13-14        Step forward on left foot; step forward on right foot
- 15&16        Step forward and diagonally to the left on left foot; rock onto right foot in place; step forward on left foot

## VINE RIGHT, STOMP, HEEL BOUNCES, FINGER SNAPS

- 17-18        Step to the right on right foot; cross left foot behind right and step
- 19-20        Step to the right on right foot; stomp left foot next to right
- 21-22        Bounce on both heels twice
- 23-24        Snap fingers on both hands twice and shift weight to right foot

## VINE LEFT WITH ¼ TURN TO THE LEFT, TOUCH, KICK-BALL-TURNS

- 25-26        Step to the left on left foot; cross right foot behind left and step
- 27-28        Step a ¼ turn to the left on left foot; touch right foot next to left
- 29&30        Kick right foot forward; step ball of right foot next to left; pivot ¼ turn to the left on ball of right foot and step on forward on left foot
- 31&32        Kick right foot forward; step ball of right foot next to left; pivot ¼ turn to the left on ball of right foot and step on forward on left foot

## ROCKING CHAIR, PIVOT, STEP BACK, HEEL TOUCH, TOGETHER, TOE TOUCH WITH FINGER SNAP

- 33-34        Step forward on right foot; rock back onto left foot
- 35-36        Step back on right foot; rock forward onto left foot
- 37-38        Pivot ½ turn to the left on ball of left foot and step back on right foot; touch left heel forward
- 39-40        Step left foot next to right; touch right foot next to left and snap fingers

## VINE RIGHT WITH ½ TURN TO THE RIGHT, SCUFF, TO THE RIGHT MILITARY PIVOT, FORWARD STEP, PIVOT SCUFF

- 41-42        Step to the right on right foot; cross left foot behind right and step
- 43-44        Step a ¼ turn to the right on ball of right foot; pivot ¼ to the right on of right foot and scuff left foot next to right
- 45-46        Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 47-48        Step forward on ball of left foot; pivot ¼ turn to the left on ball of left foot and scuff right foot next to left

REPEAT

