

Lonestar Strutting

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hazel Morris (UK)
音乐: Lonestar - Norah Jones



Dance starts immediately on vocals, no instrumental introduction (first heel strut may be missed!)

RIGHT HEEL STRUT FORWARD, LEFT SIDE ROCK, LEFT HEEL STRUT FORWARD, RIGHT SIDE ROCK

- 1-2 Step right heel forward, drop right toe
- 3-4 Rock left foot to left side, rock onto right in place
- 5-6 Step left heel forward, drop left toe
- 7-8 Rock right foot to right side, rock onto left in place

STEP ½ PIVOT LEFT, TWICE HEEL STRUTS FORWARD, STEP ½ PIVOT LEFT

- 1-2 Step forward right, pivot half turn left
- 3-4 Step right heel forward, drop right toe
- 5-6 Step left heel forward, drop left toe
- 7-8 Step forward right, pivot half turn left

RIGHT SIDE ROCK, TOE STRUT CROSS, LEFT SIDE ROCK, TOE STRUT CROSS

- 1-2 Rock right to right side, rock onto left in place
- 3-4 Step right toe across left, drop right heel
- 5-6 Rock left to left side, rock onto right in place
- 7-8 Step left toe across right, drop left heel

RIGHT SIDE ROCK, ¼ TURN LEFT, TWICE TOE STRUTS FORWARD, TOUCH RIGHT SIDE, HOLD

- 1-2 Rock right to right side, rock onto left turning a quarter to left
- 3-4 Step right toe forward, drop right heel
- 5-6 Step left toe forward, drop left heel
- 7-8 Touch right toe to right side, hold

REPEAT
