

Opry Strut

拍数: 64 墙数: 4 级数:
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音乐: Riding Alone - Rednex



4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

- 1-2 Touch right heel forward, snap right toe down stepping forward onto right foot
- 3-4 Touch left heel forward, snap left toe down stepping forward onto left foot
- 5-8 Repeat 1-4

HEEL, TOE BACK, HEEL, HEEL, DOWN: RIGHT, THEN LEFT

- 9-10 Touch right heel forward, touch right toe back
- 11&12 Tap right heel forward twice, snap right toe down stepping forward onto right foot
- 13-14 Touch left heel forward, touch left toe back
- 15&16 Tap left heel forward twice, snap left toe down stepping forward onto left foot

4X: STEP BACK, TOUCH AND CLAP

- 17 Step right back (toe and body turn very slightly right)
- 18 Touch left toe/ball beside right and clap
- 19 Step left back (toe and body turn very slightly left)
- 20 Touch right toe/ball beside left and clap
- 21-24 Repeat 17-20

2 SHUFFLES FORWARD, HEEL, TOE BACK, STEP FORWARD, ½ PIVOT

- 25&26 Shuffle forward: right-left-right
- 27&28 Shuffle forward: left-right-left
- 29-30 Touch right heel forward, touch right toe back
- 31-32 Step right forward, pivot turn ½ left-weight onto left

2 TURNING SHUFFLES FORWARD, HEEL, TOE BACK, KICK, KICK

- 33&34 Shuffle forward: right-left-right turning ½ left
- 35&36 Shuffle forward: left-right-left turning ½ left
- 37-38 Touch right heel forward, touch right toe back
- 39-40 Kick right forward twice

3 TOE STRUTS BACK: RIGHT, LEFT, RIGHT: ¼ TURN RIGHT, FAN HEEL

- 41-42 Touch right toe back beside instep of left, lower right heel stepping back
- 43-44 Touch left toe back beside instep of right, lower left heel stepping back
- 45-46 Touch right toe back beside instep of left, lower right heel stepping back
- 47 With weight on heels swivel/turn toes ¼ right lowering toes
- 48 Fan right heel to diagonal right. Shift body right to put weight on right heel

4 APPLEJACKS MOVING RIGHT ("TRAVEL-JACKS")

In this section, weight starts on right heel and left toe, then switches to left heel and right toe. Moving right, keep the upper body over the right foot.

- 49 Simultaneously fan right toe and left heel to right
- 50 Simultaneously fan right heel and left toe to right
- 51-52 Repeat 49-50

STOMP LEFT, STOMP RIGHT, STOMP LEFT, CLAP

- 53-55 Stomp down left, right, left in place
- 56 Clap

TOUCH FORWARD, STEP, TOUCH FORWARD, STEP, TOUCH SIDE, HOLD, STEP

57& Touch right heel forward, step right beside left

58& Touch left heel forward, step left beside right

59-60 Touch right toe to right side, hold

& Step right beside left

61& Touch left heel forward, step left beside right

62& Touch right heel forward, step right beside left

63-64 Touch left toe to left side, hold

& Step left beside right

REPEAT
