

Prairie Strut

拍数: 48 墙数: 4 级数: Improver
编舞者: Hedy McAdams (USA)
音乐: I Am a Simple Man - Ricky Van Shelton



TOE-SNAP-SNAP-SNAP, TOE-SNAP-SNAP-SNAP

- 1 Step forward slightly with ball of right foot
- 2 Tap right heel down
- 3 Tap right heel down
- 4 Drop right heel down (weight on right foot)
- 5 Step forward slightly with ball of left foot
- 6 Tap left heel down
- 7 Tap left heel down
- 8 Drop left heel down (weight on left foot)

TOE-SNAP, TOE-SNAP, TOE-SNAP, TOE-SNAP

- 9 Step forward slightly with ball of right foot
- 10 Drop right heel down (weight on right foot)
- 11 Step forward slightly with ball of left foot
- 12 Drop left heel down (weight on left foot)
- 13 Step forward slightly with ball of right foot
- 14 Drop right heel down (weight on right foot)
- 15 Step forward slightly with ball of left foot
- 16 Drop left heel down (weight on left foot)

CROSS-ROCK, ROCK-KICK, CROSS-ROCK, ROCK-KICK

- 17 Cross-hop-step forward-left with right foot in front of left foot, lifting left leg up behind.
- 18 Hop-step back onto left foot, lifting right foot up
- 19 Cross-hop-step forward-left with right foot in front of left foot, lifting left leg up behind.
- 20 Hop-step back onto left foot, lifting right foot up

VINE RIGHT, BEHIND, RIGHT, SCUFF

- 21 Step to right side with right foot
- 22 Step across behind right leg with left foot
- 23 Step to right side with right foot
- 24 Scuff left foot forward-right in front of right leg

CROSS-ROCK, ROCK-KICK, CROSS-ROCK, ROCK-KICK

- 25 Cross-hop-step forward-right with left foot in front of right foot, lifting right leg up behind.
- 26 Hop-step back onto right foot, lifting left foot up
- 27 Cross-hop-step forward-right with left foot in front of right foot, lifting right leg up behind.
- 28 Hop-step back onto right foot, lifting left foot up

LEFT SIDE, TOGETHER, TURN, SCUFF

- 29 Step to left side with left foot
- 30 Step together with right foot next to left foot
- 31 Step ¼ turn left with left foot
- 32 Scuff right heel forward

STEP, SCUFF-TURN, STEP, SCUFF, STEP, SCUFF-TURN, STEP, SCUFF

- 33 Step forward with right foot

- 34 Pivot ¼ turn left on ball of right foot, scuff left heel forward
- 35 Step forward with left foot
- 36 Scuff right heel forward
- 37 Step forward with right foot
- 38 Pivot ¼ turn left on ball of right foot, scuff left heel forward
- 39 Step forward with left foot
- 40 Scuff right heel forward

RIGHT CAMEL WALK, SCUFF, LEFT CAMEL WALK, SCUFF

- 41 Step slightly forward-right with right foot
- 42 Slide left foot next to right foot
- 43 Step slightly forward-right with right foot
- 44 Scuff left heel forward
- 45 Step slightly forward-left with left foot
- 46 Slide right foot next to left foot
- 47 Step slightly forward-left with left foot
- 48 Scuff right heel forward

REPEAT
