

Sorebone Strut

拍数: 40 墙数: 4 级数: Beginner
编舞者: Ted Robinson
音乐: Unforgotten Hero - Dave Sheriff



TOE TOUCHES

1-2 Touch right toes to right side, step right foot next to left
3-4 Touch left toes to left side, step left foot next to right
5-6 Touch right toes to right side, step right foot next to left
7-8 Touch left toes to left side, step left foot next to right

TOE SPLITS, HEEL SPLITS

1-2 With weight on heels, fan both toes out, return toes to place
3-4 With weight on toes, fan both heels out, return heels to place
5-6 With weight on heels, fan both toes out, return toes to place
7-8 With weight on toes, fan both heels out, return heels to place

HEEL STRUTS FORWARD

1-2 Step right heel forward, drop right toes down
3-4 Step left heel forward, drop left toes down
5-6 Step right heel forward, drop right toes down
7-8 Step left heel forward, drop left toes down

WALK BACK, HITCH, WALK FORWARD, HITCH

1-2 Step right foot back, step left foot back
3-4 Step right foot back, hitch left knee
5-6 Step left foot forward, step right foot forward
7-8 Step left foot forward, hitch right knee

GRAPEVINE & HITCH, GRAPEVINE WITH ¼ TURN & STOMP

1-2 Step right foot to right side, cross left foot behind right
3-4 Step right foot to right side, hitch left knee
5-6 Step left foot to left side, cross right foot behind left
7-8 Step left foot ¼ turn left, stomp right foot next to left

REPEAT
