

Southern Strut

拍数: 36 墙数: 0 级数:
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音乐: Heart's Desire - Lee Roy Parnell



RIGHT HEEL HOOK-RIGHT HEEL SWIVELS

- 1-2 Touch right heel forward-hook right foot over left knee
- 3-4 Touch right heel forward-step right foot together
- 5-6 Heels to right side-heels back to center
- 7-8 Heels to right side-heels back to center (weight is on right foot)

KICKS

(Add "strut" to these steps by twisting "opposite" shoulder in direction of the kick-i.e. On left kick, twist right shoulder forward and left shoulder back) (hands should be on hips for the ladies, at the waist for the men)

- 9-10 Left foot kick forward once-step back in place
- 11-12 Right foot kick forward once-step back in place
- 13-14 Left foot kick forward once-step back in place
- 15-16 Right foot kick forward once-step back in place

LEFT HEEL HOOK-LEFT HEEL SWIVELS

- 17-18 Left heel forward-left heel across front of left leg
- 19-20 Left heel forward-left foot step in place
- 21-22 Swivel heels to the left-swivel heels back to center
- 23-24 Swivel heels to the left-swivel heels back to center (weight on right)

BACKWARD PIVOT-KICKS

(Add "strut" to steps 5-8 by twisting "opposite" shoulder in direction of the kick-i.e. On left kick, twist right shoulder forward and left shoulder back) (hands should be on hips for the ladies, at the waist for the men)

- 25-26 Step back with left-step back with right
- 26 Pivot a ½ turn to the left by bringing left foot back (weight on it)
- 28 Kick right foot forward
- 29-30 Touch right toes besides left foot-right foot kick forward
- 31-32 Step right foot down-bump hip slightly to the left (weight is now on left)

STRUTS

- 33-34 Strut forward (place right heel down first, then the ball of the foot down)
- 35-36 Strut forward (place left heel down first, then the ball of the foot down)

REPEAT
