

Strut 'n' Run

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Janette Marie Trotter (UK)
音乐: The Pascagoula Run - Jimmy Buffett



STEP FULL TURN WITH TOUCHES

- 1-2 Step left foot forward, pivot $\frac{1}{4}$ turn to right on left foot and touch the right toe beside left foot
3-4 Step right foot $\frac{1}{4}$ turn to right and touch left toe beside right foot
5-6 Turn $\frac{1}{2}$ turn right on right foot and step back onto left foot, touch the right toe beside left foot
7-8 Step back onto right foot and touch the left toe beside right foot

SLOW SHUFFLES FORWARD

- 9-12 Step left foot forward, close right foot beside left foot, step left foot forward, scuff right foot forward
13-16 Repeat steps 9-12 leading with right foot

STRUTS & SCUFFS

- 17-20 Step left toe forward and slap heel onto floor, repeat with right foot
21-24 Scuff left foot forward and up, tap right heel on floor, step back onto left toe and slap heel onto floor

STRUTTING $\frac{3}{4}$ TURN

- 25-28 Step right toe $\frac{1}{4}$ turn left and slap heel onto floor, step left toe $\frac{1}{4}$ turn left and slap left heel onto floor
29-32 Step right toe $\frac{1}{4}$ turn left and slap heel onto floor, scuff left foot forward beside right foot and tap right heel on the floor

STRUTS & BACKWARD SLIDES

- 33-36 Step left toe forward and slap heel onto the floor, repeat with right foot
37-38 With left foot off the floor, slide right foot backward twice, along the floor to where you started section 5, while bringing the left foot forward through the air
39-40 Step left toe forward and slap left heel onto floor

SLOW ROLLING GRAPEVINE TO RIGHT

- 41-42 Step right foot to right and scuff left foot forward beside right foot
43-44 Turn $\frac{1}{2}$ turn to right on right foot and step left foot to left, scuff right foot backward beside left foot
45-46 Turn $\frac{1}{2}$ turn to right on left foot and step right foot to right, and touch left foot beside right foot (grab the brim of your hat with your right hand and keep it there until the end of the dance.)
47-48 Step left foot long step to left, sliding right foot along the floor into a slight hitch

Although moving to the left, the body attitude should be to lead with the hips and pull the rest of the body along, the head coming last so that the body is leaning to the right.

"SLOW" FULL TURN, POINT & STRUT

- 49-50 Step right foot across left, turning $\frac{1}{4}$ turn to left
Although moving to the left, the body attitude should be to lead with the hips and pull the rest of the body along, the head coming last so that the body is leaning to the right
51-52 Pivot $\frac{3}{4}$ turn to left, weight starting on right foot and transferring to left at the end of the turn
53-54 Bring right foot out from behind left foot and point to right side, then hitch the right knee across the left knee
55-56 Point right toe to right side, slap right heel onto floor, transferring weight across to right foot and at the same time raising left heel from the floor

HEEL TAPS, ROCK & SCUFF

57-60 Hold for 1 count, then tap left heel to floor 3 times

61-64 Hold for 1 count, rock weight backwards onto left foot, forward onto right foot and scuff left foot forward

REPEAT
