

Strut Ya Stuff

拍数: 64 墙数: 4 级数: Beginner
编舞者: Linda Burgess (AUS)
音乐: Give It Up or Let Me Go - The Chicks



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- 1-4 Touch right heel forward, hold, touch right toe back, hold
5-8 Step forward right, lock/step left behind right, step forward right, hold
- 1-4 Touch left heel forward, hold, touch left toe back, hold
5-8 Step forward left, lock/step right behind left, step forward left, hold
- 1-4 Step right to right, hold, step left beside right, hold
5-8 Step right to right, step left beside right, step right to right, hold
- 1-4 Step left to left, hold, step right beside left, hold
5-8 Step left to left, step right beside left, step left to left, hold
- 1-4 Touch right heel forward, lower toes, touch left heel forward, lower toes (heel struts)
5-8 Run forward right, left, right, hold
- 1-4 Turn $\frac{1}{4}$ left & touch left heel forward, lower heel, touch right heel forward, lower toes, (heel struts)
5-8 Run forward left, right, left, hold
- 1-4 Step forward right, hold, pivot $\frac{1}{4}$ turn left, hold
5-8 Step forward right, hold, pivot $\frac{1}{4}$ turn left, hold
- 1-4 Touch right toe forward, hold, step back right, hold
5-8 Touch left toe back, hold, step forward left, hold (Charleston)

REPEAT
