

Cowboy Strut

拍数: 48 墙数: 4 级数:
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音乐: Walking to Jerusalem - Tracy Byrd



4 HEEL-TOE STRUTS

- 1 Step forward on right heel
- 2 Slap right toe down
- 3 Step forward on left heel
- 4 Slap left toe down
- 5 Step forward on right heel
- 6 Slap right toe down
- 7 Step forward on left heel
- 8 Slap left toe down

JAZZ BOX WITH ¼ TURN

- 9 Cross right over left
- 10 Step back on left
- 11 Step right on right turning ¼ right
- 12 Step on left beside right

KICK, KICK, GRAPEVINE RIGHT

- 13 Kick right
- 14 Kick right
- 15 Step right on right
- 16 Cross left behind right
- 17 Step right on right
- 18 Touch left beside right

STEP, PIVOT ½, STEP, PIVOT ½

- 19 Step forward on left
- 20 Pivot ½ right
- 21 Step forward on left
- 22 Pivot ½ right

HIP BUMPS AND ROLLS

- 23 Bump hips left
- 24 Bump hips left
- 25 Bump hips right
- 26 Bump hips right
- 27 Roll hips left
- 28 Roll hips right
- 29 Roll hips left
- 30 Roll hips right

GRAPEVINE LEFT, HOP, HOP

- 31 Step left on left
- 32 Cross right behind left
- 33 Step left on left
- 34 Step right beside left (weight on both)
- 35 Hop forward

36 Hop forward

MONTEREY TURN

37 Point right toe right
38 Pivot $\frac{1}{2}$ right
39 Point left toe left
40 Step left beside right

FULL RIGHT TURN

41 Step forward on right
42 Cross left over right turning $\frac{1}{4}$ right
43 Step right on right turning $\frac{1}{4}$ right
44 Pivot $\frac{1}{2}$ right on right while stepping back on left

SAILOR SHUFFLES

45&46 Cross right behind left, quickly step left on left then right
47&48 Cross left behind right, quickly step right on right then left

REPEAT
