

# Chest, Heart And Stroke Strut

**COPPERKNOB**  
STEPPERS

拍数: 40      墙数: 4      级数: Improver  
编舞者: Mark Hood (UK)  
音乐: Two Hearts - Phil Collins



## TOE STRUTS FORWARD

- 1            Touch left toe forward
- 2            Drop left heel
- 3            Touch right toe forward
- 4            Drop right heel
- 5            Touch left toe forward
- 6            Drop left heel
- 7            Touch right toe forward
- 8            Drop right heel

## ROLLING GRAPEVINE, SCUFF

- 9            Step left to the left with a  $\frac{1}{4}$  turn left
- 10           Step right over left with a  $\frac{1}{4}$  turn to the left
- 11           Step left crossing behind right with a  $\frac{1}{2}$  turn to the left
- 12           Scuff right forward

## LONG-STEP, SLIDE WITH $\frac{1}{4}$ TURN, STOMP

- 13           Long-step right to the right
- 14-15       Slide left up to the right with  $\frac{1}{4}$  turn to the left
- 16           Stomp right beside left

## STEP, PIVOT, STEP, PIVOT

- 17           Step right forward
- 18           Pivot  $\frac{1}{2}$  to the left
- 19           Step right forward
- 20           Pivot  $\frac{1}{2}$  to the left

## GRAPEVINE, SCUFF

- 21           Step right to the right
- 22           Step left behind right
- 23           Step right to the right
- 24           Scuff left forward

## JAZZ JUMPS, CLAP TWICE

- 25           Jump forward left then right
- 26           Clap
- 27           Jump forward left then right
- 28           Clap

## MASHED POTATO X8

- 29           Step left back
- &            Swivel both toes in
- 30           Step right back
- &            Swivel both toes in
- 31           Step left back
- &            Swivel both toes in

32 Step right back  
& Swivel both toes in  
33 Step left back  
& Swivel both toes in  
34 Step right back  
& Swivel both toes in  
35 Step left back  
& Swivel both toes in  
36 Step right back

**ROCK, ROCK, STEP, PIVOT**

37 Rock left back  
38 Rock right forward  
39 Step left forward  
40 Pivot  $\frac{1}{2}$  to the right

**REPEAT**

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