

The Banbury Strut

拍数: 68 墙数: 4 级数: Advanced
编舞者: Kirsteen Warren (USA)
音乐: Unknown



- 1-2 Fan right heel to right, back to place
- 3-4 Fan right toe to right, back to place
- 5-6 Fan left heel to left, back to place
- 7-8 Fan left toe to left, back to place

BACKWARD TOE HEEL STRUTS

- 9-10 Step back on right toes, slap heels to floor
- 11-12 Step back on left toes, slap heel to floor
- 13-14 Step back on right toes, slap heels to floor
- 15-16 Step back on left toes, slap heels to floor

JAZZ BOX

- 17-18 Cross right foot over left, step back on left
- 19-20 Step right foot to right, step left foot next to right, slightly apart

SWIVETS

- 21-22 Weight on left heel, right toe, swivet both toes to left
- 23-24 Weight on left heel, right toe, swivet both toes to left
- 25-26 Change weight to right heel, left toe, swivet both toes to right, back in place
- 27-28 Change weight to right heel, left toe, swivet both toes to right, back in place

PIGEON TOES TRAVELING RIGHT, LEFT

- 29-30 Weight on right toe left heel, both toes to center, weight on right heel left toe, both heels to center
- 31-32 Weight on right toe, left heel, both toes to center, pause one beat
- 33-34 Weight on right toe left heel, both heels to center
- 45-36 Weight on right heel, left toe, both toes to center

APPLE JACKS

- 37-38 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
- 39-40 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
- 41-42 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
- 43-44 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
- 45-46 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
- 47-48 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
- 49-52 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center, weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center

TRAVELING BACKWARDS AS IN BOCEPHUS

- 53-54 Cross right foot behind left & hop on right & swing left leg out
- 55-56 Cross left foot behind right & hop on left & swing right leg out
- 57-58 Cross right foot behind left & hop on right & swing left leg out
- 59-60 Cross left foot behind right, at same time making ¼ turn left kick right foot forward

BACKWARDS

- 61-62 Step back on right, back on left
- 63-64 Step back on right, hitch left
- 65-66 Step forward on left, slide right foot behind left (lock)
- 67-68 Step forward on left, stomp right next to left

REPEAT
