

Love Strut

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Jenifer Wolf (CAN) - September 2017
音樂: High Powered Love - Emmylou Harris



**** For a true beginner level, leave out the Restarts**

Alternative music:-

1973 - James Blunt – No Tags Or Restarts – intro: 32 counts start with vocals

Intro: 16 counts – CW rotation

(A) FOUR HEEL STRUTS FORWARD

1-2 Touch right heel forward, Bring right toe down
3-4 Touch left heel forward, Bring left toe down
5-6 Touch right heel forward, Bring right toe down
7-8 Touch left heel forward, Bring left toe down

(B) 2 STEP TOUCH'S BACK, TURN ¼ RIGHT, TOUCH, STEP, TOUCH

1-2 Step right foot back on a right diagonal, Touch left toe beside right foot & clap
3-4 Step left foot back on a left diagonal, Touch right toe beside left foot & clap
5-6 Turn ¼ right onto right foot, Touch left toe beside right foot & clap
7-8 Step left to left side, Touch right toe beside left foot & clap

(C) HEEL, STEP, HEEL, STEP, TOUCH SIDE, STEP, TOUCH SIDE, STEP

1-2 Touch right heel forward, Step right foot beside left foot
3-4 Touch left heel forward, Step left foot beside right foot
5-6 Touch right foot to right side, Step right foot beside left foot
7-8 Touch left foot to left side, Step left foot beside right foot

(D) STEP, TOGETHER, CROSS, HOLD, x2, (SCISSORS)

1-2 Step right foot to right side, Step left foot beside right foot
3-4 Cross right foot over in front of left foot, Hold
5-6 Step foot to left side, Step right foot beside left foot
7-8 Cross left foot over in front of right foot, Hold

Begin again

For the song, by EmmyLou Harris, have left out the 3 restarts, dance through them, to keep this a true beginner level, they do not notice it in the music and it all works out in the end, it is easy, upbeat & fun, hope you enjoy it.

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