

Body Strut

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Barbara Mease & David Whitehead (USA) - January 2019
音樂: Body Talks (feat. Kesha) - The Struts



Intro: 32 Counts

Toe Struts To The Left w ¼ Turn Left

1-2 Touch R Toe across the left foot, Drop R Heel
3-4 Touch L Toe to L Side, Drop L Heel
5-6 Touch R Toe across the left foot, Drop R Heel
7-8 Turn ¼ turn L and touch L Toe forward, Drop L Heel (9:00)

Cross, Back, Back, Hold, ½ Turn L Hold

1-4 Cross R Foot in front of L, step L back, step R Back, hold
4-8 Turn ¼ turn L stepping L to the side (6:00), Step R next to L, Turn ¼ turn L and step L forward, hold (3:00)

Make 1/2 Circle To The Left With Heel Struts

1-4 Turning 1/8 Left touch R Heel forward, drop R toe, Turning 1/8 turn L touch R heel forward, Drop L toe
5-8 Repeat counts 1-4 (9:00)

Apart, Hold, L Knee, Hold, Heel Swivels

&, 1, 2 Step R to R side (&), Step L to L side (1), Hold (2)
3-4 Drop R knee across L as raise R Heel, Hold
5-8 Swivel heels R,L,R,L Weight ending on L (9:00)

Repeat

Tag & Restart: On wall 12 (3:00) dance the first two sections (16 counts) You will be facing 6:00. Add this tag: Touch R across L, unwind ½ turn L, hold, clap hands, then restart the dance facing 12:00

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