

CATS ! (The Ali-Cat Strut)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數:
編舞者: Alison Austerberry (UK) - December 2019
音樂: Stray Cat Strut - Stray Cats



STYLING - A fun dance with plenty of cat like poses and pussy movements. We're Feeeeline Good!

RIGHT TOE STRUT, CROSS LEFT TOE STRUT, SIDE CHASSE, ROCK BACK, ¼ TURN LEFT

1-2 Step R toe to R side. Place R heel down
3-4 Cross L toe over R. Place L heel down
5&6 Step R to R side. Step L next to R. Step R
7-8 Rock back on L. Recover on R, angling body ¼ turn L

LEFT TOE STRUT, CROSS RIGHT TOE STRUT, SIDE CHASSE, ROCK BACK ¼ TURN RIGHT

9-10 Step L toe to L side. Place L heel down
11-12 Cross R toe over L. Step R heel down
13&14 Step L to L side. Step R next to L. Step L
15-16 Rock back on R. Recover on L, angling body ¼ turn R (facing back to front wall)

SKATE, SKATE, SHUFFLE, ROCK AND COASTER STEP

17-18 Skate R, Skate L
19&20 Step forward on R. Bring Left next to R. Step forward R
21&22 Rock forward on L. Recover on R
23&24 Step back on Left. Step R. Step L next to R

ROCK FORWARD, BACK SHUFFLE, BACK SHUFFLE. STEP AND DRAG

25&26 Rock forward on R. Recover on L
27&28 Step back on R. Bring L next to R. Step back on R
29&30 Step back on L. Bring R next L. Step back on L
31&32 Take long step to R side on R, dragging L next to R

***2 X PUSSY WALKS, TOE HEEL, TOE HOLD**

33-34 Walking forward, cross R leg over L
35-36 Walking forward cross L over R
37-38 Touch R toe in. Touch R heel down
39-40 Touch R toe in. Hold

CROSS POINT, CROSS POINT, JAZZ BOX 1/2 TURN

41-42 Cross R over L. Point L to L side
43-44 Step forward on L. Point R to R side
45-46 Cross R over L. Step back on L (making 1/2 turn R)
47-48 Step on R. Step L

ROCK FORWARD, COASTER STEP X 2

49&50 Rock forward on R. Recover on L
51&52 Step back on R. Step back L. Step forward on R
53&54 Rock forward on L. Recover on R
55&56 Step back on L. Step back R. Step forward on L

OUT, OUT, IN, IN, PUSH AND DRAG (WITH OPTIONAL ARM MOVEMENTS)

57-58 Step Out on R. Step Out on L (placing same arms behind head)
59-60 Step In on R. Step in on L (placing same hands on hips)

61-62 Raise both heels off floor, pushing bottom in air (push arms forward, tail in air)
63-64 Step L to L side taking a big Step. Bring R next to L (place left arm above head, And right arm extended to right side)

START AGAIN

Restarts:

***1st Wall dance up to Count 48 and start again (facing back wall)**

***3rd Wall facing the front**

***5th Wall dance to Count 16 then start again (facing the front)**

**TO FINISH - The dance will end after Count 16, turn to face the front striking a suitable Feline Pose!!
MIAOOOW**
