

The Meters Strut

拍數: 40 牆數: 2 級數: Phrased Beginner
編舞者: Mark Treacy (USA) - January 2022
音樂: Cissy Strut - The Meters



#1 count intro

Sequence: A - B - B - A - B - B - Special - B - B - A - B - B

Pattern A: 8 counts

REPEAT 4 TIMES FOR TOTAL OF 32 - ALL WALLS

A[1-8] BUS STOP/BALLROOM TURN, REVERSE BUS STOP/BALLROOM TURN, 1/4 TURN

1&2-3-4 Turning 1) Step fwd R; &) Step L; 2) Step R; 3) Rock L behind R; 4) Recover R

5&6 Turning 5) Step fwd L; &) Step R; 6) Step L

7-8 7) Rock R slightly behind L; 8) Recover L, Turn 1/4 right

Pattern B: 32 counts

B[1-8] VINE, TAP

1-2-3-4 1) Step R side; 2) Hold; 3) Step L behind R; 4) Step R side

5-6-7-8 5) Step L cross R; 6) Step R side; 7) Tap L; 8) Tap L

B[9-16] VINE, TAP

1-2-3-4 1) Step L side; 2) Hold; 3) Step R behind L; 4) Step L side

5-6-7-8 5) Step R cross L; 6) Step L side; 7) Tap R; 8) Tap R

B[17-24] VINE, TAP

1-2-3-4 1) Step R side; 2) Hold; 3) Step L behind R; 4) Step R side

5-6-7-8 5) Step L cross R; 6) Step R side; 7) Tap L; 8) Tap L

B[25-32] VINE, FWD 1/2 TURN

1-2-3-4 1) Step L side; 2) Hold; 3) Step R behind L; 4) Step L side

5-6-7-8 5-6-7- 8) Step R fwd 1/2 Turn

Special:

REPEAT TWICE AT [12:00] WALL

[1-8] STEP, DIP

1-2-3-4 1) Step fwd R; 2) Dip down; 3) Step fwd L; 4) Dip down

5-6-7-8 5) Step fwd R; 6) Dip down; 7) Step fwd L; 8) Dip down

[9-16] REVERSE CHA CHA

1&2 1) Step R back; &) Recover L, 2) Step R back

3&4 3) Step L back; &) Recover R, 4) Step L back

5&6 5) Step R back; &) Recover L, 6) Step R back

7&8 7) Step L back; &) Recover R, 8) Step L back