

# NC Strut

拍數: 32      牆數: 2      級數: Improver  
編舞者: Nancy Corbige (USA) - October 2022  
音樂: Don't Rush (feat. Vince Gill) - Kelly Clarkson  
或: Don't - Billy Currington  
或: Attention - Charlie Puth



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-- or -- Attention – Charlie Puth

(Dance starts with weight on left foot, walking with right)

## WALK, KICK, SWIRL (8 counts)

1-4---      Walk right, left, right, kick with left foot.  
5---      Swirl left foot in air in half circle from front to back, stepping behind right foot.  
6---      Kick right foot in front.  
7---      Swirl right foot in air in half circle from front to back, stepping behind left foot.  
8---      Kick left foot in front.

## THREE SAILOR SHUFFLES WITH A ¼ TURN TO THE RIGHT (6 counts)

1&2---      Left foot behind right, step out right foot to the right, step to the left with the left foot.  
3&4---      Right foot behind left, step out left foot to the left, step to the right with right foot with ¼ turn.  
5&6---      Left foot behind right, step out right foot to the right, touch left heel out to left.

## GRAPEVINE HEAL TOUCHES (8 counts)

1, 2, 3, 4---      Step left, cross right foot behind left foot, Step left, Touch right heel.  
5, 6, 7, 8---      Step right, behind left, step right, touch left heel.

## STEP SWAY HEAL TOUCHES (4 counts)

1, 2, 3, 4---      Step left, touch right heel, Step right, touch left heel.

## JAZZ BOX SQUARE WITH ¼ TURN RIGHT, HIP BUMP (4 counts plus 2 counts)

5, 6, 7, 8---      Step left, cross right, step back left, ¼ turn step right,  
1, 2---      Step left, touch right toe/bump right hip.

## Dance Notes:

(NC Strut has its roots in old-school roller skating and a set called "Backward Strut.")

(This dance is divided into counts of 8, 6, 8, 8, then 2 to finish 32 counts.)

(These are just a few suggested songs. This is a very versatile dance and can be done slow and smooth or to more upbeat songs.)

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