

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



-- or -- Don't -- Billy Currington
-- 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.)