

Thinkin' Bout Me...Strut

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Heather Rowe (AUS) - November 2023
音樂: Thinkin' Bout Me - Morgan Wallen



Right side strut, cross strut, side rock, recover, hold

1 - 8 (1) Step right foot to right side stepping onto right toes, (2) step weight down onto right heel, (3) step left foot across stepping onto left toes, (4) step weight down onto left heel, (5) step right foot to right side rocking weight onto right foot, (6) recover weight onto left foot, (7) step right foot beside left foot taking weight onto right foot and (8) hold.

Left side strut, cross strut, side rock, recover, hold

9 - 16 (1) Step left foot to left side stepping onto left toes, (2) step weight down onto left heel, (3) step right foot across stepping onto right toes, (4) step weight down onto right heel, (5) step left foot to left side rocking weight onto left foot, (6) recover weight onto right foot, (7) step left foot beside right foot taking weight onto left foot and (8) hold.

Right side strut, left together strut, vine right

17 - 24 (1) Step right foot to right side stepping onto right toes, (2) step weight down onto right heel, (3) step left foot beside right stepping onto left toes, (4) step weight down onto left heel, (5) step right foot to right side, (6) step left foot behind right foot, (7) step right foot to right side, (8) touch left toes beside right keeping weight on right foot.

Left vine with 1/4 turn, right side strut, left together strut.

25 - 32 (1) Step left foot to left side, (2) step right foot behind left foot, (3) step left foot to left side with a 1/4 turn to the left, (4) touch right toes beside left keeping weight on left foot, (5) step right foot to right side stepping onto right toes, (6) step weight down onto right heel, (7) step left foot beside right stepping onto left toes, (8) step weight down onto left heel taking weight onto left foot.

Start again....

No tags and no restarts just enjoy the dance

Focus is on teaching absolute beginners to strut whilst sneaking in cross rocks and vines
If your class isn't ready for vines you can simplify them to side, together, side touch steps.
