

The Stroll

拍數: 64 牆數: 2 級數: High Improver
編舞者: Maddison Glover (AUS) & The Illawarra Country Bootscooters (AUS) - November 2023
音樂: The Stroll (feat. KJ Sullivan & Cha Cha Sullivan) - Kevin Sullivan



Intro: 16 Count

[1-8] Side, Touch, Point, Touch, Extended Vine

1,2,3,4 Step L to L side, touch R toe beside L, point R to R side, touch R toe beside L
5,6,7,8 Step R to R side, cross L behind R, step R to R side, cross L over R

[9-16] Side, Touch, Point, Touch, Vine, Touch Together

1,2,3,4 Step R to R side, touch L toe beside R, point L to L side, touch L toe beside R
5,6,7,8 Step L to L side, cross R behind L, step L to L side, touch R beside L

[17-24] Shuffle Forward, Heel Struts x 3

1&2,3,4 Step R fwd, step L beside R, step R fwd, touch L heel fwd, drop toes to floor
5,6,7,8 Touch R heel fwd, drop toes to floor, touch L heel fwd, drop toes to floor

[25-32] Forward, Hold, ¼ Pivot, Hold, Forward, Hold, ¼ Pivot, Hold

1,2,3,4 Step R fwd, hold, pivot ¼ turn over L, hold (weight on L) (9:00)
5,6,7,8 Step R fwd, hold, pivot ¼ turn over L, hold (weight on L) (6:00)

[33-40] Vine, Together, V-Step

1,2,3,4 Step R to R side, cross L behind R, step R to R side, step L together *
5,6 Step R out into R diagonal, step L out into L diagonal
7,8 Step R back, step L together

[41-48] Rocking Chair x2

1,2,3,4 Rock R fwd, recover weight back onto L, rock R back, recover weight fwd onto L
5,6,7,8 Rock R fwd, recover weight back onto L, rock R back, recover weight fwd onto L

[49-56] Slow Kick-Ball-Change, Scuff, Stomp, Hold for 3 Counts

1,2,3,4 Kick R fwd, step R together, step L slightly fwd, scuff R fwd ** #
5,6,7,8 Stomp R fwd, hold for counts 6,7,8 (weight fwd on R)

Note: On count 5, push both hands out at hip height and keep them out for counts 6,7,8

[57-64] Heel Together (x4) Slightly Travelling Back

1,2 Touch L heel fwd into L diagonal, step L slightly back
3,4 Touch R heel fwd into R diagonal, step R slightly back
5,6 Touch L heel fwd into L diagonal, step L slightly back
7,8 Touch R heel fwd into R diagonal, step R together

SEQUENCE: 64 / 64 / 64 / Tag "Stroll" / 64 / 64 / 64 / *Start from count 33-64/ Start from count 49-64 on the opposite foot/ Start from count 49-64

Tag "Stroll" - After the third sequence (after the first instrumental) you will be facing 6:00. Complete 16 sets of heel struts in a direction of your choice. The idea of this tag is to encourage you to interact with your "neighbours" and end up in a new spot. By the end of the 16 heel struts, you must return to the 6:00 wall.

*** The 7th sequence will not start from the beginning of the dance. It will start from count 33. You will be facing 12:00. Replace counts 33-34-35-36* with a "vine left, touch R together" (step L to L side, cross R behind L, step L to L side, touch R together) and continue the dance from count 37-64.**

**** The 8th sequence will not start from the beginning of the dance. You will be facing 12:00. Start the dance from count 49-64 but leading with the left foot:**

1,2,3,4 Kick L fwd, step L together, step R slightly fwd, scuff L

5,6,7,8 Stomp L fwd, hold for counts 6,7,8

1,2,3,4 Touch R heel fwd into R diagonal, step R slightly back, touch L heel fwd into L diagonal, step L slightly back

5,6,7,8 Touch R heel fwd into R diagonal, step R slightly back, touch L heel fwd into L diagonal, step L slightly back

The 9th sequence will not start from the beginning of the dance. You will still be facing 12:00. Start the dance from 49-64.

FB - Maddison Glover Line Dance

FB - Kevin Sullivan Music

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