

# Strut

拍數: 72      牆數: 2      級數: Intermediate  
編舞者: Luke Shrimpton (UK) - October 2024  
音樂: STRUT - EMELINE



## Intro: 16 counts - No Tags or Restarts

### [1-8] Walk back L,R, Sailor ¼ Turn, Anchor Step, Pops Back

- 1 Step back left
- 2 Step back right
- 3&4 Step left behind right, Step right to right, Step left ¼ left (9 O'clock)
- 5&6 Step right foot behind left in 3rd position, put weight on left, put weight on right
- 7 Step back left popping right knee
- 8 Step back right popping left knee

### [9-16] Coaster Step L, Step, ¼ Cross, Ball Cross x3, Unwind ½

- 9&10 Step back on left, step right next to left, step forward on left
- 11&12 Step forward on right, ¼ pivot left (6 O'clock), cross right over left
- &13 Step left to left, cross right over left
- &14 Step left to left, cross right over left
- &15 Step left to left, cross right over left
- 16 Unwind ½ left weight ending on left foot (12 O'clock)

### [17-24] R Samba, L Samba, Mambo Forward R, Mambo Back L touch

- 17&18 Cross right over left, rock left to left, recover on right
- 19&20 Cross left over right, rock right to right, recover on left
- 21&22 Rock forward on right, recover on left, Step right in place
- 23&24 Rock back on left, recover on right, touch left in place

### [25-32] Sweeps back, L Coaster, 2x ½ pivot turns

- 25 Step back on left sweeping right front to back
- 26 Step back on right sweeping left front to back
- 27&28 Step back on left, step right together, step forward on left
- 29,30 Step forward right, Pivot ½ turn left (6 O'clock)
- 31,32 Step forward right, Pivot ½ turn left (12 O'clock)

### [33-40] R heel: Cross, Side, Cross, Hitch, Cross, Ball, Rock ¼ turn, L Shuffle

- 33 Cross right heel over left
- 34 Place right heel to right side
- 35&36 Cross right heel over left, hitch right knee, cross right heel over left
- &37,38 Put weight on right, rock left to left, recover weight onto right turning ¼ turn right (9 O'clock)
- 39&40 Step forward left, step right together, step left foot forward

### [41-48] Mambo R, Sweeps back, L Coaster, ½ Pivot Turn

- 41&42 Rock weight forward on right, recover on left, step right together
- 43-48 Repeat counts 25-30 (ending facing 3 O'clock)

### [49-56] R heel: Cross, Side, Cross, Hitch, Cross, Ball, Rock ¼ turn, L Shuffle Repeat counts 33-40 (ending facing 12 O'clock)

### [57-64] Mambo R, L Coaster, Hip bumps ½ turn, Hip bumps ¼ turn

- 57&58 Rock forward on right, recover on left, Step right in place
- 59&60 Step left foot back, step right foot together, step left foot forward

- 61&62 Bump right hip forward turning  $\frac{1}{4}$  left, bump hip left, bump hip right turning  $\frac{1}{4}$  turn left (6 O'clock)
- &63&64 Put weight on left, Bump right hip forward turning  $\frac{1}{4}$  turn left, bump hip left, bump hip right (9 O'clock)

**[65-72] R Sailor, L Sailor  $\frac{1}{4}$  turn,  $\frac{1}{2}$  Pivot Turn, R Forward Coaster**

- 65&66 Step right behind left, step left to left, step right to right
- 67&68 Step left behind right, Step right to right, Step left  $\frac{1}{4}$  left (12 O'clock)
- 69,70 Step forward right, pivot  $\frac{1}{2}$  left (6 O'clock)
- 71&72 Step forward right, step left together, step back right

**Repeat**

**Last Update: 22 Oct 2024**

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