

K. C. Strut

拍數: 48 牆數: 2 級數: Improver west coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: The Way You Make Me Feel - Michael Jackson



TOE/HEEL STRUT, HEEL TOUCH, TOE TOUCH, TOE/HEEL STRUT, HEEL TOUCH, TOE TOUCH

- 1-2 Step forward on toes of right foot; step down onto right heel and snap fingers
- 3-4 Touch left heel forward; touch left toe back
- 5-6 Step forward on toes of left foot; step down onto left heel and snap fingers
- 7-8 Touch right heel forward; touch right toe back

FORWARD WALK, SYNCOPATED DIAGONAL ROCK STEP, FORWARD STEP, FORWARD WALK, SYNCOPATED DIAGONAL ROCK STEP, FORWARD STEP

- 9-10 Step forward on right foot; step forward on left foot
- 11&12 Step forward and diagonally to the right on right foot; rock onto left foot in place; step forward on right foot
- 13-14 Step forward on left foot; step forward on right foot
- 15&16 Step forward and diagonally to the left on left foot; rock onto right foot in place; step forward on left foot

VINE RIGHT, STOMP, HEEL BOUNCES, FINGER SNAPS

- 17-18 Step to the right on right foot; cross left foot behind right and step
- 19-20 Step to the right on right foot; stomp left foot next to right
- 21-22 Bounce on both heels twice
- 23-24 Snap fingers on both hands twice and shift weight to right foot

VINE LEFT WITH ¼ TURN TO THE LEFT, TOUCH, KICK-BALL-TURNS

- 25-26 Step to the left on left foot; cross right foot behind left and step
- 27-28 Step a ¼ turn to the left on left foot; touch right foot next to left
- 29&30 Kick right foot forward; step ball of right foot next to left; pivot ¼ turn to the left on ball of right foot and step on forward on left foot
- 31&32 Kick right foot forward; step ball of right foot next to left; pivot ¼ turn to the left on ball of right foot and step on forward on left foot

ROCKING CHAIR, PIVOT, STEP BACK, HEEL TOUCH, TOGETHER, TOE TOUCH WITH FINGER SNAP

- 33-34 Step forward on right foot; rock back onto left foot
- 35-36 Step back on right foot; rock forward onto left foot
- 37-38 Pivot ½ turn to the left on ball of left foot and step back on right foot; touch left heel forward
- 39-40 Step left foot next to right; touch right foot next to left and snap fingers

VINE RIGHT WITH ½ TURN TO THE RIGHT, SCUFF, TO THE RIGHT MILITARY PIVOT, FORWARD STEP, PIVOT SCUFF

- 41-42 Step to the right on right foot; cross left foot behind right and step
- 43-44 Step a ¼ turn to the right on ball of right foot; pivot ¼ to the right on of right foot and scuff left foot next to right
- 45-46 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 47-48 Step forward on ball of left foot; pivot ¼ turn to the left on ball of left foot and scuff right foot next to left

REPEAT

