

Moon Strut

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Gloria Johnson (USA)
音樂: Hillbilly Rap - Neal McCoy



Sequence: AAB, A to the end of the dance

POINT & HITCH (3X), CROSS SHUFFLE

- 1 Touch right toe to right side
- 2 Hitch right knee across and in front of left leg
- 3-4 Repeat steps 1-2
- 5-6 Repeat steps 1-2 again
- 7&8 Cross step right foot over left and shuffle to left side (note: keep steps small and legs crossed)
- 9 Touch left toe to left side
- 10 Hitch left knee across and in front of right leg
- 11-12 Repeat steps 9-10
- 13-14 Repeat steps 9-10 again
- 15&16 Cross step left foot over right and shuffle to right side (note: keep steps small and legs crossed)

KICK-BALL-CHANGE

- 17&18 Kick-ball-change starting with right foot
- 19&20 Kick-ball-change starting with right foot

MOON STRUTS FORWARD (MICHAEL JACKSON GOES COUNTRY...)

- 21-22 Touch right toe forward; hold one beat
- 23 Lower right heel and raise left heel while sliding left foot slightly forward all at the same time
- 24 Hold one beat
- 25 Lower left heel and raise right heel while sliding right foot slightly forward all at the same time
- 26 Lower right heel and raise left heel while sliding left foot slightly forward all at the same time
- 27-28 Repeat steps 25-26

KICK-BALL-CHANGE

- 29&30 Kick-ball-change starting on left foot
- 31&32 Kick-ball-change starting on left foot

MOON STRUTS BACKWARD (MICHAEL JACKSON GOES COUNTRY...)

- 33-34 Touch left toe to back; hold one beat
- 35 Lower left heel and raise right heel while sliding right foot slightly backward all at the same time
- 36 Hold one beat
- 37 Lower right heel and raise left heel while sliding left foot slightly backward all at the same time
- 38 Lower left heel and raise right heel while sliding right foot slightly backward all at the same time
- 39-40 Repeat steps 37-38

SWIVEL POINTS

- 41 Step right foot in place facing LOD and bend knees
- 42 Turning ¼ turn to left straighten knees and touch left heel forward
- 43 Step left foot in place facing LOD and bend knees

- 44 Turning ½ turn to right straighten knees and touch right heel forward
- 45 Step right foot in place facing LOD and bend knees
- 46 Turning ½ turn to left straighten knees and touch left heel forward
- 47 Step left foot in place facing LOD and bend knees
- 48 Turning ½ turn to right straighten knees and touch right heel forward

REPEAT

TAG

After wall 2

DOWN & DIRTY WIGGLES

- 1 Step right foot out to right side
 - 2-3 Wiggle hips to two beats of music
 - 4 Touch left foot next to right
 - 5 Step left foot out to left side
 - 6-7 Wiggle hips for two beats of music
 - 8 Touch right foot next to left
 - 9-12 Repeat steps 5-8 (to the left...)
 - 13 Step right foot out to right side
 - 14-15 Wiggle hips to two counts of music
 - 16 Step left foot next to right (weight shift to left foot!)
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