

Nutbush City Strut

拍數: 64 牆數: 4 級數: Improver
編舞者: Shirlea Alexandra (UK) & Keith Rye (UK)
音樂: Nutbush City Limits - Tina Turner



RIGHT HEEL HOOKS

- 1-2 Touch right heel forward, cross right foot in front of left leg
3-4 Touch right heel forward, cross right foot in front of left leg

RIGHT GRAPEVINE

- 5-8 Step right to right side, step left behind right, step right to right side, tap left toe to right foot

LEFT HEEL HOOKS

- 9-10 Touch left heel forward, cross left foot in front of right leg
11-12 Touch left heel forward, cross left foot in front of right leg

LEFT GRAPEVINE

- 13-16 Step left to left side, step right behind left, step left to left side, tap right toe to left foot

ROLLING RIGHT TURN WITH CLAPS

- 17-18 Step right foot to right side, clap
19-20 On ball of right foot make a ½ pivot to the right, clap
21-22 On ball of left foot make a ½ pivot to the right, clap
23-24 Bump hips to left, bump hips to right

LEFT CAMEL WALK TURNING ¼, SCUFF, RIGHT CAMEL WALK, SCUFF

- 25-28 Making ¼ turn to the left step left foot forward, step right against left, step left foot forward, scuff right foot forward
29-32 Step right foot forward, step left against right, step right foot forward, scuff left foot forward

ROCK-RECOVER, ROLLING TURN WITH CLAPS

- 33-34 Rock forward on left, recover on right
35-36 Making ¼ turn to the left, step left to left side, clap
37-38 On ball of left foot make ½ pivot to the left, clap
39-40 On ball of right foot make ¼ pivot to the left, clap and tap right foot to side of left

ROCK CROSS STEPS TWICE

- 41-43 Step right foot to right side, rock weight onto left, cross step right over in front of left, hold
45-47 Step left foot to left side, rock weight onto right, cross step left over in front of right, hold

TOE STRUTS X 4

- 49-52 Step right toe forward, flatten right foot, step left toe forward, flatten left foot
53-56 Step right toe forward, flatten right foot, step left toe forward, flatten left foot

STRUTTING JAZZ BOX

- 57-60 Cross strut step right over left, flatten right heel to floor. Strut step back on left, flatten left heel to floor
61-64 Strut step right to right side, flatten right heel to floor, stomp left twice beside right

REPEAT