

Opry Strut

拍數: 64 牆數: 4 級數:
編舞者: Grant Gadbois (CAN)
音樂: Riding Alone - Rednex



4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

1-2 Touch right heel forward, snap right toe down stepping forward onto right foot
3-4 Touch left heel forward, snap left toe down stepping forward onto left foot
5-8 Repeat 1-4

HEEL, TOE BACK, HEEL, HEEL, DOWN: RIGHT, THEN LEFT

9-10 Touch right heel forward, touch right toe back
11&12 Tap right heel forward twice, snap right toe down stepping forward onto right foot
13-14 Touch left heel forward, touch left toe back
15&16 Tap left heel forward twice, snap left toe down stepping forward onto left foot

4X: STEP BACK, TOUCH AND CLAP

17 Step right back (toe and body turn very slightly right)
18 Touch left toe/ball beside right and clap
19 Step left back (toe and body turn very slightly left)
20 Touch right toe/ball beside left and clap
21-24 Repeat 17-20

2 SHUFFLES FORWARD, HEEL, TOE BACK, STEP FORWARD, ½ PIVOT

25&26 Shuffle forward: right-left-right
27&28 Shuffle forward: left-right-left
29-30 Touch right heel forward, touch right toe back
31-32 Step right forward, pivot turn ½ left-weight onto left

2 TURNING SHUFFLES FORWARD, HEEL, TOE BACK, KICK, KICK

33&34 Shuffle forward: right-left-right turning ½ left
35&36 Shuffle forward: left-right-left turning ½ left
37-38 Touch right heel forward, touch right toe back
39-40 Kick right forward twice

3 TOE STRUTS BACK: RIGHT, LEFT, RIGHT: ¼ TURN RIGHT, FAN HEEL

41-42 Touch right toe back beside instep of left, lower right heel stepping back
43-44 Touch left toe back beside instep of right, lower left heel stepping back
45-46 Touch right toe back beside instep of left, lower right heel stepping back
47 With weight on heels swivel/turn toes ¼ right lowering toes
48 Fan right heel to diagonal right. Shift body right to put weight on right heel

4 APPLEJACKS MOVING RIGHT ("TRAVEL-JACKS")

In this section, weight starts on right heel and left toe, then switches to left heel and right toe. Moving right, keep the upper body over the right foot.

49 Simultaneously fan right toe and left heel to right
50 Simultaneously fan right heel and left toe to right
51-52 Repeat 49-50

STOMP LEFT, STOMP RIGHT, STOMP LEFT, CLAP

53-55 Stomp down left, right, left in place
56 Clap

TOUCH FORWARD, STEP, TOUCH FORWARD, STEP, TOUCH SIDE, HOLD, STEP

57& Touch right heel forward, step right beside left

58& Touch left heel forward, step left beside right

59-60 Touch right toe to right side, hold

& Step right beside left

61& Touch left heel forward, step left beside right

62& Touch right heel forward, step right beside left

63-64 Touch left toe to left side, hold

& Step left beside right

REPEAT
