

Redneck Strut

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dave Kirkham (UK)
音樂: Redneck Woman - Gretchen Wilson



RIGHT STRUT, LEFT STRUT, RIGHT STRUT, LEFT STRUT. (HEEL STRUTS)

1-2 Touch right heel forward, slap right toe to floor taking weight
3-4 Touch left heel forward, slap left heel to floor taking weight
5-8 Repeat steps 1-4

MAMBO FORWARD, HOLD, MAMBO BACK, HOLD

9-12 Rock forward on right, rock back on left, step right next to left, hold for one beat
13-16 Rock back on left, rock forward on right, step left next to right, hold for one beat

RIGHT SIDE POINT, RAMBLE LEFT, CLAP. (HEEL & TOE SWIVELS)

17-18 Touch right toe to side, hold for one beat
19-20 Step right next to left, hold for one beat
21-22 Swivel both heels to left, swivel both toes to left
23-24 Swivel both heels to left, clap

RAMBLE RIGHT, CLAP, STEP, HOLD, ¼ TURN LEFT, HOLD

25-26 Swivel heels to right, swivel toes to right
27-28 Swivel heels to right, clap
29-30 Step forward right, hold for one beat
31-32 Pivot ¼ turn left transferring weight to left, hold for one beat

REPEAT

For the more adventurous replace 17-20 with
STOMP OUT, IN, IN

17 Stomp up right out to side
18 Stomp up right a little closer to left
19-20 Stomp right next to left taking weight, and hold for one beat

Replace steps 25-32 with

DWIGHTS RIGHT, CLAP, KICK - CROSS - UNWIND ¼ LEFT, CLAP

25 Swivel left heel to right while touching right toe to left instep
26 Swivel left toe to right while touching right heel to left instep
27 Swivel left heel to right while touching right toe to left instep
28 Clap
29 Kick right foot diagonally right
30 Cross step right over left
31-32 Unwind ¼ turn left transferring weight to left, clap