

Solar Strut

拍數: 0 牆數: 2 級數: Improver
編舞者: The Taz (CAN)
音樂: Walkin' In The Sunshine - Roger Miller



Sequence: ABABB, Tag, A to the end

PART A

WALK FORWARD WITH HEEL/TOE FANS

- 1-2 Touch right heel forward, drop right toe fanning to right (snap fingers)
- 3-4 Touch left heel forward, drop left toe fanning to left (snap fingers)
- 5-8 Repeat steps 1 - 4

CROSS/ROCK, STEP SIDE, TOUCH, SIDE SHUFFLE, STEP, ¼ TURN

- 9-10 Step right foot over left foot, step back on left foot
- 11-12 Step right foot to right, touch left foot beside right foot
- 13&14 Side shuffle (left, right, left)
- 15-16 Step right foot forward, step left foot ¼ turn left
- 17-64 Repeat steps 1 - 16 (3 times)

PART B

SHUFFLE, STEP, ½ TURN, SHUFFLE, STEP, ½ TURN

- 1&2 Shuffle forward (right, left, right)
- 3-4 Step left foot forward, pivot ½ turn right onto right foot
- 5&6 Shuffle forward (left, right, left)
- 7-8 Step right foot forward, pivot ½ turn left onto left foot

KICK BALL CHANGE TWICE, TOUCH FORWARD, SIDE, TRIPLE ½ TURN

- 9-12 Right kick/ball/change, right kick/ball/change
- 13-14 Touch right toe forward, touch right toe to right side
- 15&16 Triple step (right, left, right) with ½ turn right

KICK BALL CHANGE TWICE, TOUCH FORWARD, SIDE, TRIPLE ½ TURN

- 17-20 Left kick/ball/change, left kick/ball/change
- 21-22 Touch left toe forward, touch left toe to left side
- 23&24 Triple step (left, right, left) with ½ turn left

STEP, TOUCH, TRIPLE ¼ TURN, ROCK STEP, STEP BACK, ¼ TURN

- 25-26 Step right foot to right, touch left toe to right foot
- 27&28 Triple step (left, right, left) with ¼ turn left
- 29-30 Rock forward on right foot, recover on left
- 31-32 Step right foot back, step left foot ¼ turn left

TAG

- 1-4 Bump right hips twice, bump left hips twice