Stroking



編舞者: Unknown

音樂: Strokin' - Clarence Carter



ROCK STEPS

1 Right foot step in front of left foot with bend of knee lean forward slightly, (point right foot to

10 o'clock lift left foot slightly)

2 Step left foot back in place

Right foot step behind left foot with bend of right knee upright body position, (point right foot

to 2 o'clock lift left foot slightly)

4 Left foot back in place

5-8 Repeat steps 1-4

PIVOT TURNS

9 Right foot step forward

10 ½ turn to left

11 Right foot step forward

12 ½ turn to left

13 Right foot step forward

14 ½ turn to left

SLIDE, STOMP, CLAP

Slide left foot to right footStomp right foot and clap

LONG STEP, SHIMMY, CLAP

17-18	Long step right foot to side with bent knees
19-20	Slide left foot to join right foot with shimmy, clap

21-22 Long step left foot to side with bent knees

23-24 Slide right foot to join left foot with a shimmy, clap

25-26 Long step left foot to side with bent knees

27-28 Slide right foot to join left foot with a shimmy, clap

REPEAT

- 1) Counts 5-8 are omitted by some dancers.
- 2) Shimmies may be replaced by pelvic thrusts (especially by men).