

Strut

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Trish Arena (AUS)
音樂: Strut - Sheena Easton



Sequence: A, B, A (first 16 counts only with a quick 1/2 turn back to the front in time to restart A), A, B, TAG, B (leaving out last 2 counts), A (56 counts only, before restarting B), B, B, B, FINISH

PART A

- 1-2 Step forward right, kick forward left
&3 Cross toe strut left over right
&4 Toe strut side right
&5 Cross toe strut left over right
6& Rock side right, rock left in place
7&8 Cross shuffle right-left-right
- &9-10 Make a quick ½ turn left, step forward left, kick forward right
&11 Cross toe strut right over left
&12 Toe strut side left
&13 Cross toe strut right over left
14& Rock side left, rock right in place
15&16 Cross shuffle left-right-left *
- 17-18 Rock side right, rock left in place
19&20 Sailor right-left-right
21&22 Step forward left, pivot ½ turn right taking weight on right, step forward left
23&24 Coaster back right-left-right
- 25-26 Rock side left, rock right in place
27&28 Cross samba forward left-right-left
29&30 Step forward right, pivot ½ turn left taking weight on left, step forward right
31&32 Rock side left, rock right in place, step left beside right
- 33 Make a ¼ turn left, step back on right & raise left toe
34 Drag left foot past right & raise right heel
35 Drag right foot past left & raise left heel
36&37 Coaster back left-right-left
38&39 Step forward right, lock left behind right, step forward right
40 Stomp left to side
- 41 Step forward right, placing weight evenly on both feet
42 Twist ½ turn left taking weight on right
43-45 Kick left forward, rock back left, step right in place
46 Step forward left, placing weight evenly on both feet
47 Twist ½ turn right taking weight on left
48-50 Kick forward right, rock back right, step left in place
51-52 Step forward right, make a ¼ turn left taking weight on left
53&54 Sailor right-left-right (traveling backwards)
55&56 Sailor left-right-left (traveling backwards)
- 57-58 Cross step right over left, point left to side

59-60 Cross step left over right, point right to side
61-62 Cross step right over left, step back on left
63-64 Step side right, step forward left

PART B

1-4 Walk forward (with as much attitude as you wish) right-left-right-left
5 Make $\frac{1}{4}$ turn left & step back on right while raising left heel (look over right shoulder)
6 Drop weight forward onto left (look forward)
7 Make $\frac{1}{4}$ turn left & step back on right while raising left heel (look over right shoulder)
8 Drop weight forward onto left (look forward)
&9&10 Toe strut right to right diagonal, toe strut left to left diagonal (feet should be shoulder width apart)
&11&12 Raise & lower heels twice
13-14 Walk forward right-left
15-16 Step forward right, pivot $\frac{1}{2}$ turn left taking weight on left

Counts 5-8 are done with right hand on hip

17&18 Rock side right, rock left in place, cross step right over left
&19&20 Toe strut side left, toe strut right over left
21&22 Rock side left, rock right in place, cross step left over right
&23&24 Toe strut side right, toe strut left over right

25&26-27&28 Kick forward right, step right beside left, step left over right (kick ball cross twice)
29-30 Rock side right, rock left in place
31-32 Cross right over left, pivot a full turn left & step left to side **
33-34 Sway hips right-left

TAG

1-4 Sway hips right-left-right-left

FINISH

Dance Part B to count 32, sway hips right (33) and drag left foot to right (34) as music fades.
