

Strut N' Stroll

拍數: 56 牆數: 2 級數: Intermediate
編舞者: Nancy Morgan (USA)
音樂: Take It Back - Reba McEntire



HEEL, TOGETHER, HEEL, TOGETHER, STEP, SLIDE, STEP SLIDE (TO THE SIDE)

1-4 Put left heel forward, put left next to right, put right heel forward, touch right toe next to left
5-8 Step right to right side, slide left to right, put right to right side, slide left to right

HOP FORWARD, HOP BACK, HOP FORWARD, HOP BACK

&1-2 Hop forward - left, right (shoulder width apart), clap
&3-4 Hop back - left, right (shoulder width apart), clap
&5-6 Hop forward - left, right (shoulder width apart), clap
&7-8 Hop back - left, right (shoulder width apart), clap

DOUBLE TIME HOP FORWARD, BACK, FORWARD, BACK, ROCK HIPS FROM RIGHT TO LEFT, RIGHT TO LEFT

&1&2 Quickly hop forward left, right and back left, right
&3&4 Quickly hop forward left, right and back left, right
5-8 Rock hips from side to side starting with the right, then left, right, left

VINE RIGHT, BRUSH, VINE LEFT, STOMP

1-4 Step forward on right, put left behind right, step right to right side, brush left
5-8 Step forward on left, put right behind left, step left to left side, stomp right keeping your weight on left

STEP, ½ TURN, STEP, ½ TURN, STEP, SLIDE, STEP, SLIDE (TO THE SIDE)

1-4 Step forward on right, pivot ½ turn to left, step forward on right, pivot ½ turn to left
5-8 Put left heel forward, put left next to right, put right heel forward, touch right toe next to left

STEP, ¼ TURN AND BRUSH, STEP, ¼ TURN AND BRUSH, VINE TO RIGHT, STOMP

1-2 (Starting your ¼ turn right) step right to right side pointing toe to right, as you finish your ¼ turn to your right, brush left
3-4 (Starting your ¼ turn right) step right to right side pointing toe to right, as you finish your ¼ turn to your right, brush left
5-8 Step forward on right, put left behind right, step right to right side, stomp left next to right

WIGGLE TO THE RIGHT FOR 4 COUNTS, WIGGLE TO THE LEFT FOR 4 COUNTS

1-4 Step right out to right side and wiggle hips twice (wiggling as you step), step left next to right and wiggle hips twice (wiggling as you step)
5-8 Step left out to left side and wiggle hips twice (wiggling as you step), step right next to left and wiggle hips twice (wiggling as you step)

REPEAT