

Strutting Time

拍數: 32 牆數: 0 級數:
編舞者: Shirley K. Batson (USA)
音樂: Bubba Hyde - Diamond Rio



FORWARD STRUTS

- 1 Step forward on ball of right
- 2 Slap right heel down
- 3 Step forward on ball of left
- 4 Slap left heel down
- 5-8 Repeat steps 1-4

½ PIVOT TURNS

- 9 Step forward on right
- 10 Pivoting ½ turn left, change weight to left
- 11-12 Repeat steps 9 and 10

FORWARD REVERSE HOPS

- & Hop forward onto right
- 13 Quickly step left beside right
- 14 Hold & clap (weight on left)
- & Hop back onto right
- 15 Quickly step left beside right
- 16 Hold & clap (weight on left)

SIDE STRUTS

- 17 Traveling left, cross step right toe over left
- 18 Slap right heel down
- 19 Bringing left from behind, step left toe beside right.
- 20 Slap left heel down
- 21-24 Repeat steps 17-20

JAZZ BOX WITH ¼ TURN, KICK BALL CHANGE, KNEE ROLLS

- 25 Cross step right over left
- 26 Stepping left to left side, make ¼ turn left
- 27 Step right beside left
- 28 Step left beside right
- 29 Kick right forward
- & Stepping back on right, slightly lift left
- 30 Step down on left
- 31 Weight on balls of both feet, roll right knee out to right & return.
- 32 Weight on balls of both feet, roll left knee out to left & return (shift weight to left).

REPEAT