

Trot The Fox

拍數: 48 牆數: 1 級數: Improver
編舞者: Hayley Kennedy
音樂: Trot the Fox - Michael Lloyd & Le Disc



WALK FORWARD, BOX, ROCK, RECOVER

- 1-2 Walk forward right, left
3&4 Step right foot to right, step left next to right, step forward on right
5&6 Step left foot to left side, step right foot next to left. Step left foot to left, while making a ¼ turn over left shoulder
7&8 Cross rock right foot over left, recover onto left, step right foot to right side

CROSS STRUT, SIDE STRUT, JAZZ BOX WITH A TURN, STOMP, CLAP, STOMP, CLAP, START CHARLESTON

- 9&10& Cross strut left foot over right. Toe, heel. Strut right foot to right side, toe heel
11&12 Cross left foot over right, step back on right foot while making a ¼ turn over left shoulder, step forward on left foot
13&14& Stomp right foot forward, clap hands, stomp left foot forward, clap hands
15-16 Touch right toe forward, step back onto right foot

FINISH CHARLESTON, SHUFFLE, KICKS AND FLICK

- 17-18 Touch left toe back, step forward onto left foot
19&20 Make a right shuffle forward
21&22& Kick left foot across right leg, step left next to right, kick right foot across left leg, step right next to left
23&24 Kick left foot forward while making a ¼ turn over left shoulder, step left next to right, flick right toe backwards

WEAVE TO LEFT, HEEL STRUTS

- 25& Keeping weight on left foot, cross right foot over left, step left to left side
26& Cross right foot behind right, step left to left side
27&28& Repeat beats 25&26&
29&30&31&32& Make 4 heel struts making a three ¼ turn to face back wall, right, left, right, left

Optional hand movement: holding hands up in front of you, at chest level, with the palms facing forward, move both hands in an inward circular movement, right hand - to the right, left- to the left (as if washing windows)

TOE STRUTS, SIDE STEPS TO RIGHT THEN LEFT

- 33&34& Strut forward on right foot, toe, heel, strut forward on left foot, toe, heel
35&36& Strut forward on right foot, toe, heel, strut forward on left foot, toe heel
Optional hand movement: while strutting forward hold hands out to the side, with the palms facing downwards shaking them both quickly as if making a so-so movement
37&38& Step right foot to right side, close left next to right, step right foot to right side, touch left toe next to right
39&40& Step left foot to left side, close right next to left, step left foot to left side, touch right toe next to left

SIDE STEP, SLIDE, OUT, IN, OUT, IN, BACK, BACK, STEP, STEP TURN, STEP TURN, STOMP

- 41& While making a quarter turn over right shoulder, take a big step to right, slide left foot up to right, so it is touching next to right foot, while holding both arms outwards to left side, at shoulder level
42& While keeping arms in place point left toe out, touch left toe next to right
43& Repeat beats 42&

- &44&45 Shifting weight onto left foot step back onto right foot, step left foot next to right, make a $\frac{1}{4}$ turn to right while stepping forward onto right foot
- 46&47& Step forward onto left foot, make a half turn over right shoulder, step forward onto left foot, make a half turn over right shoulder
- 48 Stomp left foot forward

REPEAT
