

# 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**

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