

Western Strut (P)

拍數: 54 牆數: 0 級數: Partner
編舞者: Jody Rhodes (USA)
音樂: No News - Lonestar



Position: Right side-by-side

Man and lady follow the same footwork throughout the pattern

KICKS, SHUFFLES BACK

1-2-3&4 Kick right foot forward twice, shuffle backward (right-left-right)

5-6-7&8 Kick left foot forward twice, shuffle backward (left-right-left)

FORWARD TOE-HEEL STRUTS

9-10 Step forward on ball of right foot, lower right heel to floor

11-12 Step forward on ball of left foot, lower left heel to floor

13-16 Repeat beats 9 through 12

RIGHT KICK-BALL CHANGE, ½ PIVOTS

17& Kick right foot forward, step on ball of right foot next to left

18 Step left foot next to right

Release right hands and raise left hands

19 Step forward on right foot

20 Pivot ½ turn to the left on ball of right foot and shift weight to left foot

21 Step forward on right foot

22 Pivot ½ turn to the left on ball of right foot and shift weight to left foot

Rejoin hands back in the right side-by-side position

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

23-23 Step to the right on right foot, cross left foot behind right and step

25-26 Step to the right on right foot, touch left toe next to right foot

27-28 Step to the left on left foot, cross right foot behind left and step

29-30 Step to the left on left foot, touch right toe next to left foot

SHUFFLES FORWARD

31&32 Shuffle forward (right-left-right)

33&34 Shuffle forward (left-right-left)

35&36 Shuffle forward (right-left-right)

Bring right hands over lady's head

37&38 Shuffle forward (left-right-left) making a ¼ turn to the left on these steps

Man and lady now face ILOD in a reverse Indian position

VINE RIGHT, STOMP, HIP BUMPS

39-40 Step to the right on right foot, cross left foot behind right and step

41-42 Step to the right on right foot, stomp left foot next to right

43-44 Bump hips to the left twice

45-46 Bump hips to the right twice

VINE LEFT, STOMP, ¼ PIVOT TO THE LEFT, ½ PIVOT TO THE LEFT

47-48 Step to the left on left foot, cross right foot behind left and step

49-50 Step to the left on left foot, stomp right foot next to left

Release right hands. Raised left hands pass over lady's head

51 Step forward on right foot

- 52 Pivot $\frac{1}{4}$ turn to the left on ball of right foot and shift weight to left foot
53 Step forward on right foot
54 Pivot $\frac{1}{2}$ turn to the left on ball of right foot and shift weight to left foot
Rejoin right hands back in right side-by-side position facing LOD

REPEAT
