Elm Park Strut



拍數: 48 牆數: 2 級數: Improver

編舞者: Stephen (Hillbilly) Howard

音樂: There Goes My Heart - The Mavericks



Start dance after 9 second intro when he sings "Eyes" (part way through the first verse). There is no specific place to start but this is where I start the dance

KICK STEP TWICE. KICK BALL CHANGE. STAMP TWICE

1-4 Kick right forward, step forward on right, kick left forward, step forward on left

5&6 Kick right forward, step right beside left, step onto left in place

7-8 Stamp right beside left twice

SAILOR STEP RIGHT, ½ TURNING SAILOR STEP LEFT, ROCK TWICE, COASTER STEP RIGHT

9&10 Cross right behind left, step left to left side, step right to place

11&12 Cross left behind right, step right to right side making ¼ turn to left, step left forward

13-14 Rock forward on right, rock back on left

15&16 Step back on right, step left beside right, step forward right

GRAPEVINE LEFT WITH TAP, STEP & DRAG

Step left to left side, cross right behind left, step left to left side, tap right beside left Step right to right side and slowly drag left to right over 2 beats, tap left beside right

GRAPEVINE LEFT WITH 1/4 TURN & BRUSH, JAZZ BOX RIGHT

25-28 Step left to left side, cross right behind left, step left ¼ turn left, brush right forward 29-32 Cross right over left, step back on left, step right to right side, close left beside right

SHIMMY/THRUST & CLAP TWICE

33-36 Step right to right, shimmy / thrust, close left to right, clap hands on 4th beat Step right to right, shimmy / thrust, close left to right, clap hands on 4th beat

SHUFFLE FORWARD TWICE, GRAPEVINE RIGHT WITH CLOSE

Step forward right, close left beside right, step forward right
Step forward left, close right beside left, step forward left

45-48 Step right to right side, cross left behind right, step right to right side, close left beside right

REPEAT

Dedicated to The Elm Park Hotel, Eastbourne. Thanks for a lovely weekend