

CB Strut

拍數: 24 牆數: 2 級數: Beginner
編舞者: Marie Miller (USA)
音樂: I Feel Lucky - Mary Chapin Carpenter



TOUCH SIDE, STEP FORWARD

- 1-2 Touch right toe out to right side at 45 degree angle, step forward on right foot
- 3-4 Touch left toe out to left side at 45 degree angle, step forward on left foot
- 5-6 Touch right toe out to right side at 45 degree angle, step forward on right foot
- 7-8 Touch left toe out to left side at 45 degree angle, step forward on left foot

HITCH, STEP, TOUCH, STEP, HITCH, STEP, STOMP

- 9-10 Hitch right knee up, step back on right foot
- 11-12 Touch left toe back, step forward on left foot
- 13-14 Hitch right knee up, step back on right foot
- 15 Stomp left beside right foot

RIGHT SIDE, RETURN, LEFT SIDE, RETURN

- 16-17 Place right foot out to right side pushing on ball of right foot, return to home position
- 18-19 Place left foot out to left side pushing on ball of left foot, return to home position

HEEL SPLIT, RETURN, STEP, PIVOT, STOMP RIGHT

- 20-21 Heel split (fan heels apart, bring back together)
- 22-23 Step forward on ball of right foot, on balls of both feet pivot ½ turn left
- 24 Stomp right foot beside left foot

REPEAT
