

CF Strut

拍數: 32 牆數: 2 級數: Beginner
編舞者: Chuck Fizone (USA)
音樂: Gettin' Me over Mountains - Tracy Byrd



RIGHT TOE, HEEL, ROCK BACK, RECOVER, LEFT TOE, HEEL, ROCK BACK, RECOVER

- 1 Step right on ball of right foot
- 2 Drop right heel to floor
- 3 Rock left foot back behind right
- 4 Return weight to right foot
- 5 Step left on ball of left foot
- 6 Drop left heel to floor
- 7 Rock right foot back behind left
- 8 Return weight to left foot

RIGHT DIAGONAL FORWARD, TOUCH, LEFT DIAGONAL FORWARD, TOUCH, RIGHT DIAGONAL BACK, TOUCH, LEFT DIAGONAL BACK, TOUCH

- 1 Step right foot diagonally right forward
- 2 Touch left foot next to right
- 3 Step left foot diagonally left forward
- 4 Touch right foot next to left
- 5 Step right foot diagonally back right
- 6 Touch left foot next to right
- 7 Step left foot diagonally back left
- 8 Touch right foot next to left

RIGHT & LEFT VINE WITH HEEL DIG

- 1 Step right foot to right
- 2 Step left foot behind right
- 3 Step right foot to right
- 4 Touch left heel to left
- 5 Step left foot to left
- 6 Step right foot behind left
- 7 Step left foot to left
- 8 Dig right heel to right

STEP, BRUSH, STEP, BRUSH, STEP, BRUSH, STEP, BRUSH (TRAVELING ½ TURN)

Do the following 8 counts while turn ½ right

- 1 Step right foot slightly forward
- 2 Brush left foot forward
- 3 Step left foot slightly forward
- 4 Brush right foot forward
- 5 Step right foot slightly forward
- 6 Brush left foot forward
- 7 Step left foot slightly forward
- 8 Brush right foot forward

REPEAT