

Charleston Strut

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jo Thompson Szymanski (USA)
音樂: Don't Make Me Beg - Steve Holy



TOE STRUTS RIGHT, ROCK BACK, RECOVER

- 1-2 Step ball of right foot to right side, drop right heel
- 3-4 Step ball of left foot across in front of right, drop left heel
- 5-6 Step ball of right foot to right side, drop right heel
- 7-8 Rock back with ball of left foot, recover weight forward to right foot

TOE STRUTS LEFT, ROCK BACK, RECOVER

- 1-2 Step ball of left foot to left side, drop left heel
- 3-4 Step ball of right foot across in front of left, drop right heel
- 5-6 Step ball of left foot to left side, drop left heel
- 7-8 Rock back with ball of right foot, recover weight forward to left foot

¼ TURN RIGHT, TOE STRUT CHARLESTON, ROCK BACK, RECOVER

- 1-2 Turn ¼ right, step ball of right foot forward, drop right heel
- 3-4 Touch ball of left foot forward, drop right heel (yes, right heel, the one you are standing on!)
- 5-6 Step back with ball of left foot, drop left heel
- 7-8 Rock back with ball of right foot, recover weight forward to left foot

STOMP, STOMP, CLAP, CLAP, STOMP, STOMP, CLAP, CLAP

- 1-2 Stomp right foot forward, stomp left foot beside right
- 3-4 Clap hands twice
- 5-6 Stomp right foot forward, stomp left foot beside right
- 7-8 Clap hands twice

REPEAT

TAG

When using Blue Moon Of Kentucky, wait for the waltz intro. Then the beat changes. Wait 16 strong counts and start with the word "moon". After the 8th repetition, (the end of the instrumental section), you will be facing the front. Repeat the last 8 counts as a tag/bridge, then start again from the beginning.