

The Banbury Strut

拍數: 68 牆數: 4 級數: Advanced
編舞者: Kirsteen Warren (USA)
音樂: Unknown



1-2 Fan right heel to right, back to place
3-4 Fan right toe to right, back to place
5-6 Fan left heel to left, back to place
7-8 Fan left toe to left, back to place

BACKWARD TOE HEEL STRUTS

9-10 Step back on right toes, slap heels to floor
11-12 Step back on left toes, slap heel to floor
13-14 Step back on right toes, slap heels to floor
15-16 Step back on left toes, slap heels to floor

JAZZ BOX

17-18 Cross right foot over left, step back on left
19-20 Step right foot to right, step left foot next to right, slightly apart

SWIVETS

21-22 Weight on left heel, right toe, swivet both toes to left
23-24 Weight on left heel, right toe, swivet both toes to left
25-26 Change weight to right heel, left toe, swivet both toes to right, back in place
27-28 Change weight to right heel, left toe, swivet both toes to right, back in place

PIGEON TOES TRAVELING RIGHT, LEFT

29-30 Weight on right toe left heel, both toes to center, weight on right heel left toe, both heels to center
31-32 Weight on right toe, left heel, both toes to center, pause one beat
33-34 Weight on right toe left heel, both heels to center
45-36 Weight on right heel, left toe, both toes to center

APPLE JACKS

37-38 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
39-40 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
41-42 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
43-44 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
45-46 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center
47-48 Weight on right heel left toe, bring right heel to center left heel to right instep, back to center
49-52 Weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center, weight on right toe, left heel, bring left heel to center right heel to instep on left foot, back to center

TRAVELING BACKWARDS AS IN BOCEPHUS

53-54 Cross right foot behind left & hop on right & swing left leg out
55-56 Cross left foot behind right & hop on left & swing right leg out
57-58 Cross right foot behind left & hop on right & swing left leg out
59-60 Cross left foot behind right, at same time making ¼ turn left kick right foot forward

BACKWARDS

61-62 Step back on right, back on left

63-64 Step back on right, hitch left

65-66 Step forward on left, slide right foot behind left (lock)

67-68 Step forward on left, stomp right next to left

REPEAT
