

Stray Cat Strut

拍數: 48 牆數: 2 級數: Beginner
編舞者: MJ Murphy - August 2012
音樂: Stray Cat Strut - Reel Big Fish



Start after 16 count lead in - No tags - No restarts

Section 1: SIDE, TOGETHER, BACK, TOGETHER, LONG STEP FORWARD (16 counts)

- 1-2 (1) step right on right foot, (2) bring right foot back beside left
- 3-4 (3) step back on right foot, (4) bring right foot back beside left
- 5-6 (5) long step forward with right foot, (6) bring left foot beside right
- 7-8 (7) long step forward with left foot, (8) bring right foot beside left

Section 2: Repeat same steps starting on left side

Section 3: HEEL STRUTS (8 counts)

- 1-2 (1) dig right heel into floor as left hip goes out to left (2) step forward on right foot
- 3-4 (3) dig left heel into floor as right hip goes out to the right (4) step forward on left foot
- 5 - 8 repeat 3-4

Section 4: SIDE STEPS WITH DRAMATIC STRAIGHT ARMS/WRIST FLEX (8 counts)

- 1 (1) right lateral step with right lean and straight arm extension at shoulder level with wrist flex
- 2 (2) hold position
- 3 (3) left lean with straight arm extension at shoulder level with wrist flex
- 4 (4) hold position
- 5 (5) right lean with straight arm extension at shoulder level with wrist flex
- 6 (6) hold position
- 7 (7) left lean with straight arm extension at shoulder level with wrist flex
- 8 (8) hold position

Section 5: HALF CIRCLE DOING SWIVEL STEPS (8 counts)

- 1 (1) Dig right heel into floor as left hip juts out left (1/2) transfer weight to left foot while starting to turn left
- 2-8 (2 to 8) Repeat 7 times ending up facing the opposite wall

Section 6: LONG STEPS FORWARD WITH ALTERNATING SHOULDER SHRUGS (8 counts)

- 1&2 (1 and 2) big step forward with right foot, alternating shoulder shrugs up, down, up, down
- 3&4 (3 and 4) bring left foot beside the right, alternating shoulder shrugs up, down, up, down
- 5-8 (5 to 8) repeat on left side

Dance to the end of the song
