Snappin' & Struttin'

級數: Beginner

編舞者: K. Sholes (USA) - September 2013

音樂: I Feel Lucky - Mary Chapin Carpenter

FORWARD HEEL STRUTS

拍數: 32

- 1-4 Touch R heel forward, Step down on R, Touch L heel forward, Step down on L
- 5-8 Repeat above steps (during these steps fingers snap as arms swing from side to side)

GRAPEVINES

- Step R to side, Step L behind R, Step R to side, Touch L next to R 1-4
- 5-8 Step L to side, Step R behind L, Step L to side, Touch R next to L

BACKWARD TOE STRUTS

- Touch R toe back, Step down on R, Touch L toe back, Step down on L 1-4
- 5-8 Repeat above steps (during these steps fingers snap as arms swing from side to side)

BACK-SLAPS, HEEL-SPLITS, 1/4 TURN STOMPS

- Swing R behind L slapping foot with L hand, Step down on R, Swing L behind R slapping foot 1-4 with R hand, Step down on L
- 5-6 With weight on balls of feet swing both heels out, Swing both heels in (dropping weight onto L foot)
- 7-8 Stomp R foot 1/4 to L wall, Stomp L next to R

BEGIN AGAIN! ENJOY!

Contact: karensholes@hotmail.com





牆數: 4