|  |  |
| --- | --- |
| Strut Through My Heart |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | Christopher Gonzalez (USA) - March 2018 | | | | |
| **Music:** | Bang Bang (feat. Adam Levine) - K'naan : (Spotify) | | | | |
| . | | | | | | |

**#16-count intro ::**

**Alt. tracks “Guitars, Cadillacs” by Dwight Yoakam: https://open.spotify.com/track/3HtCJiLV8GH87AViMtUKhO**

**“At The Hop” by Danny & the Juniors: https://open.spotify.com/track/4GkR7oqw9czPPc8F38UdYl**

**“Tequila” by The Champs: https://open.spotify.com/track/5gJKsGij5oGt5H5RSFYXPa**

**“Tutti Frutti” by Little Richard: https://open.spotify.com/track/2vXk7PcNLLXsdnVaoMxzTj**

**“(We’re Gonna) Rock Around The Clock” by Bill Haley and His Comets: https://open.spotify.com/track/2XBsQSZqHPPAtZpRG6TvIm**

|  |
| --- |
|  |

**[1-8] R & L Skating Toe Struts (or “Skate Struts”), R & L Skates, R Hitch (or “Swivitch” for “Swivel + Hitch”), R Step 12:00**

|  |  |
| --- | --- |
| 1, 2 | Swivel L heel L and slide R toe toward R diagonal (1), step R down (2) 12:00 |

|  |  |
| --- | --- |
| 3, 4 | Swivel R heel R and slide L toe toward L diagonal (3), step L down (4) 12:00 |

|  |  |
| --- | --- |
| 5, 6 | Swivel L heel L and slide R forward and toward R diagonal (5), swivel R heel R and slide L forward and toward L diagonal (6) 12:00 |

|  |  |
| --- | --- |
| 7, 8 | Swivel L heel L and hitch R with R instep facing up (7), return both to center and step R in place with L heel raised (8) |

**Note: On count 7, imagine kicking a hacky sack/footbag/bean bag upward toward your face**

**Easier option: Replace counts (7-8) by repeating counts (5-6) and swiveling L ball to center during count 9 12:00**

**[9-16] R Kick, R Cross, L Rock-Recover, L Kick, L Cross, R Rock-Recover 12:00**

|  |  |
| --- | --- |
| 1, 2 | Rise up on L ball and kick R forward (1), cross R over L (2) 12:00 |

|  |  |
| --- | --- |
| 3, 4 | Rock L back (3), recover R (4) 12:00 |

|  |  |
| --- | --- |
| 5, 6 | Rise up on R ball and kick L forward (5), cross L over R (6) 12:00 |

|  |  |
| --- | --- |
| 7, 8 | Rock R back (7), recover L (8) 12:00 |

**[17-24] R & L Toe Struts, R Rocking Chair 12:00**

|  |  |
| --- | --- |
| 1, 2 | Touch R toe forward (1), step R down (2) 12:00 |

|  |  |
| --- | --- |
| 3, 4 | Touch L toe forward (3), step L down (4) 12:00 |

|  |  |
| --- | --- |
| 5, 6 | Rock R forward (5), recover L (6) 12:00 |

|  |  |
| --- | --- |
| 7, 8 | Rock R back (7), recover L (8) 12:00 |

**[25-32] R Step, Hold, 1/4 L Turn, Hold, R Jazz Box w/ L Cross 12:00**

|  |  |
| --- | --- |
| 1, 2 | Step R forward (1), hold (2) 12:00 |

|  |  |
| --- | --- |
| 3, 4 | Turn 1/4 L with weight L (3), hold (4) 9:00 |

|  |  |
| --- | --- |
| 5, 6 | Cross R over L (5), step L back (6) 9:00 |

|  |  |
| --- | --- |
| 7, 8 | Step R to side (7), cross L over R (8) 9:00 |

**\* Styling!**

**\*[25-28] To hit additional syncopation in the music, try: Step R forward (1), bounce heels three times turning 1/4 L, weight to L (2-4)**

**Email: linedancepodcast@gmail.com Phone: (234) 738-3607**