

# Rooster Strut

**Count:** 32

**Wall:** 4

**Level:** Improver west coast swing

**Choreographer:** Kathy Brown (USA) & Lindy Bowers (USA)

**Music:** She Rules The Roost - Leland Martin



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## WALK LEFT, RIGHT, LEFT FORWARD TRIPLE, ROCK, RETURN, $\frac{3}{4}$ RIGHT TURNING TRIPLE

- 1-2 Walk forward left, right
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Rock forward right, return left
- 7&8 Turning  $\frac{1}{2}$  right step right forward, step left next to right, turning  $\frac{1}{4}$  right step right forward

## ROCK, RETURN, $\frac{1}{2}$ TURNING LEFT TRIPLE, &CROSS, HOLD, SIDE ROCK CROSS

- 1-2 Rock forward left, return right
- 3&4 Turning  $\frac{1}{2}$  left, step left forward, step right next to left, step left forward
- &5-6 Step right next to left, cross left over right, hold
- 7&8 Rock right to side, return left, cross right over left

## STOMP, HOLD, RIGHT SAILOR, &STEP, STOMP RIGHT, HOLD, LEFT SAILOR

- 1-2 Stomp left, hold (clap)
- 3&4 Step right behind left, step left to side, step right to side
- &5-6 Step left next to right, stomp right, hold (clap)
- 7&8 Step left behind right, step right to side, step left to side

## RIGHT TOE STRUT, LEFT TRIPLE, CROSS, $\frac{1}{4}$ RIGHT TURN, $\frac{1}{4}$ RIGHT TRIPLE

- 1-2 Step ball of right forward, step right heel down
- 3&4 Step left forward, step right next to left, step left forward
- 5-6 Cross right over left, step left back turning  $\frac{1}{4}$  right
- 7&8 Step right turning  $\frac{1}{4}$  right, step left next to right, step right forward

## REPEAT

There is a false ending on the song at 2:35. You can stop the dance at that point, you will be on the side rock cross, or hold after the side rock. You will hear them pluck a guitar string 2cts, 2ct, 3cts, then the drums kick in for 8cts, start the dance on the left stomp, sailors

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