

Strut Through My Heart

Compte: 32

Mur: 4

Niveau: Beginner / Improver

Chorégraphe: Christopher Gonzalez (USA) - March 2018

Musique: 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/4GkR7oqw9czPPc8F38UdYI>
"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/2XBsQSZqHPPAtZpRG6Tvlm>

[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)

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