

# Trot The Fox

Compte: 48

Mur: 1

Niveau: Improver

Chorégraphe: Hayley Kennedy

Musique: Trot the Fox - Michael Lloyd & Le Disc



## WALK FORWARD, BOX, ROCK, RECOVER

- 1-2 Walk forward right, left
- 3&4 Step right foot to right, step left next to right, step forward on right
- 5&6 Step left foot to left side, step right foot next to left. Step left foot to left, while making a ¼ turn over left shoulder
- 7&8 Cross rock right foot over left, recover onto left, step right foot to right side

## CROSS STRUT, SIDE STRUT, JAZZ BOX WITH A TURN, STOMP, CLAP, STOMP, CLAP, START CHARLESTON

- 9&10& Cross strut left foot over right. Toe, heel. Strut right foot to right side, toe heel
- 11&12 Cross left foot over right, step back on right foot while making a ¼ turn over left shoulder, step forward on left foot
- 13&14& Stomp right foot forward, clap hands, stomp left foot forward, clap hands
- 15-16 Touch right toe forward, step back onto right foot

## FINISH CHARLESTON, SHUFFLE, KICKS AND FLICK

- 17-18 Touch left toe back, step forward onto left foot
- 19&20 Make a right shuffle forward
- 21&22& Kick left foot across right leg, step left next to right, kick right foot across left leg, step right next to left
- 23&24 Kick left foot forward while making a ¼ turn over left shoulder, step left next to right, flick right toe backwards

## WEAVE TO LEFT, HEEL STRUTS

- 25& Keeping weight on left foot, cross right foot over left, step left to left side
- 26& Cross right foot behind right, step left to left side
- 27&28& Repeat beats 25&26&
- 29&30&31&32& Make 4 heel struts making a three ¼ turn to face back wall, right, left, right, left

**Optional hand movement: holding hands up in front of you, at chest level, with the palms facing forward, move both hands in an inward circular movement, right hand - to the right, left- to the left (as if washing windows)**

## TOE STRUTS, SIDE STEPS TO RIGHT THEN LEFT

- 33&34& Strut forward on right foot, toe, heel, strut forward on left foot, toe, heel
- 35&36& Strut forward on right foot, toe, heel, strut forward on left foot, toe heel
- Optional hand movement: while strutting forward hold hands out to the side, with the palms facing downwards shaking them both quickly as if making a so-so movement**
- 37&38& Step right foot to right side, close left next to right, step right foot to right side, touch left toe next to right
- 39&40& Step left foot to left side, close right next to left, step left foot to left side, touch right toe next to left

## SIDE STEP, SLIDE, OUT, IN, OUT, IN, BACK, BACK, STEP, STEP TURN, STEP TURN, STOMP

- 41& While making a quarter turn over right shoulder, take a big step to right, slide left foot up to right, so it is touching next to right foot, while holding both arms outwards to left side, at shoulder level
- 42& While keeping arms in place point left toe out, touch left toe next to right
- 43& Repeat beats 42&

- &44&45 Shifting weight onto left foot step back onto right foot, step left foot next to right, make a  $\frac{1}{4}$  turn to right while stepping forward onto right foot
- 46&47& Step forward onto left foot, make a half turn over right shoulder, step forward onto left foot, make a half turn over right shoulder
- 48 Stomp left foot forward

**REPEAT**

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