

Strut and Kick

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Margaret Koll (USA) - December 2015
音乐: Billie Jean - Michael Jackson



****To teach tow struts and kick-ball-changes**

Alt. Music: Tonight by The Shires OR "You Walked In" by Lonestar .

Toe Struts and Right Kick-Ball-Changes

1-2 Touch right toe forward, lower heel to floor
3-4 Touch left toe forward, lower heel to floor
5&6 Kick right foot forward, step down on ball of right foot, step on left foot
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

1-2 Touch right toe back, lower heel to floor
3-4 Touch left Toe back, lower heel to floor
5&6 Kick right foot forward, step down on ball of right foot, step on left foot
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

Vine and Left Kick-Ball-Changes

1-2 Step right foot to right side, step left foot behind right
3-4 Step right foot to right side, touch left toe beside right foot
5&6 Kick left foot forward, step down on ball of left foot, step on right foot
7&8 Kick left foot forward, step down on ball of left foot, step on right foot

Vine 1/4 turn left and Right Kick-Ball-Changes

1-2 Step left foot to left side, step right foot behind left
3-4 Turning 1/4 turn step on left, touch right toe next to left foot
5&6 Kick right foot forward, step down on ball of right foot, step on left foot
7&8 Kick right foot forward, step down on ball of right foot, step on left foot

Repeat

This dance is used to teach toe struts, kick-ball-changes, vine and vine with 1/4 turn to new dancers

Contact: mlkoll@yahoo.com