

See You Strut

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) - March 2018
音乐: Strut - Adam Lambert : (iTunes)



Count In: 16 counts from start of track, dance begins on vocals. Approx. 116 bpm

[1 – 8] Walk fwd R-L, ¼ L hitch R, R side, ¼ L sailor, camel walk R-L

1 2 3 4 Step forward R (1), step forward L (2), make ¼ turn left as you hitch R knee (3), step R to right side look to 12.00 (4) 9.00
5 & 6 Cross L behind R (5), make ¼ turn left stepping R next to L (&), step forward L (6) 6.00
7 8 Step forward R as you pop L knee forward (7), step forward L as you pop R knee forward (8) 6.00

[9 – 16] Repeat 1 - 8

1 2 3 4 Step forward R (1), step forward L (2), make ¼ turn left as you hitch R knee (3), step R to right side look to 6.00 (4) 3.00
5 & 6 Cross L behind R (5), make ¼ turn left stepping R next to L (&), step forward L (6) 12.00
7 8 Step forward R as you pop L knee forward (7), step forward L as you pop R knee forward (8) 12.00

[17 – 24] R samba, L samba, R cross, ¼ R stepping back L, R close, L back, ½ R stepping fwd R

1&2 3&4 Cross R over L (1), rock L ball to left side (&) recover weight R (2), cross L over R (3), rock R ball to right side (&), recover weight L (4) 12.00
5&6 7 8 Cross R over L (5), make ¼ turn right stepping back L (&), step R next to L (6), step back L (7), make ½ turn right stepping forward R (8) 9.00

[25 – 32] L fwd rock, L side, R touch, R side, L touch, L ball, R cross, unwind full turn L, R side rock

1 2&3&4 Rock forward L (1), recover R (2), step L to left side (&), touch R next to L (3), step R to right side (&), touch L next to R (4) 9.00
& 5 6 7 8 Step L ball to L side (&), cross R over L (5), unwind full turn left (weight ends L) (6), rock R to right side (7), recover L (8) 9.00

Restart: During 5th wall restart the dance here – change the last count 8 “make ¼ turn left as you recover weight L”

The 5th wall begins facing 12.00 and you will restart the dance facing 6.00

[33 – 40] R sailor, L sailor, R behind, ¼ L, R side, L close, R side, Heel Raise / knee pop (OR hold).

1&2 3&4 Cross R behind L (1), step L next to R (&), step R to right side (2), cross L behind R (3), step R next to L (&), step L to left side (4) 9.00
5 & 6 Cross R behind L (5), make ¼ turn left stepping forward L (&), step R to right side (6) 6.00
& 7 & 8 Step L next to R (&), step R to right side (7), raise both heels off floor popping knees forward (&), return heels to floor (8) OR HOLD &8 6.00

[41 – 48] L close, R point, hold, toe switches L-R, R kick, R ball, L side, R ‘circle’ hitch, R side

& 1 2 Step L next to R (&), point R to right side (1), hold (2) 6.00
& 3 & 4 Step R next to L (&), point L to left side (3), step L next to R (&), point R to right side (4) 6.00
5 & 6 Kick R across L (body angled to 4.30) (5), step R next to L (&), step L to L side (6) (body still angled to 4.30) 4.30
7 8 Hitch R knee across L (7), make ¼ turn right stepping R to right side (8) Styling: As you raise the knee make a circle shape clockwise to put the foot back down 7.30

[49 – 56] L kick, L fwd, R touch, R back, L kick, L close, R kick, R ball change x2, R fwd, ½ pivot L

1&2&3 Kick L forward (1), step slightly forward L (&), touch R behind L (2), step slightly back R (&), kick L forward (3), 7.30

- &4&5&6 Step L in place (&), kick R forward (4), rock back on ball of R (&), step in place L (5), rock back on ball of R (&), step in place L (6) 7.30
- 7 8 Step forward R (7), pivot ½ turn L (weight ends L) (8) 1.30
- [57 – 64] R Dorothy, 1/8 turn L Dorothy, R fwd, ½ pivot L, ½ turn L back R, ½ turn L fwd.**
- 1 2 & Step R to right diagonal (1), lock L behind R (2), step R slightly to right diagonal (&) 1.30
- 3 4 & Make 1/8 turn left stepping L to left diagonal (3), lock R behind L (4), step L slightly to left diagonal (&) 12.00
- 5 6 7 8 Step forward R (5), pivot ½ turn left (6), make ½ turn left stepping back R (7), make ½ turn left stepping forward L (8) 6.00

START AGAIN - HAPPY DANCING

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