

Stroking

拍数: 28 墙数: 4 级数: Beginner
编舞者: Unknown
音乐: Strokin' - Clarence Carter



ROCK STEPS

- 1 Right foot step in front of left foot with bend of knee lean forward slightly, (point right foot to 10 o'clock lift left foot slightly)
- 2 Step left foot back in place
- 3 Right foot step behind left foot with bend of right knee upright body position, (point right foot to 2 o'clock lift left foot slightly)
- 4 Left foot back in place
- 5-8 Repeat steps 1-4

PIVOT TURNS

- 9 Right foot step forward
- 10 $\frac{1}{2}$ turn to left
- 11 Right foot step forward
- 12 $\frac{1}{2}$ turn to left
- 13 Right foot step forward
- 14 $\frac{1}{4}$ turn to left

SLIDE, STOMP, CLAP

- 15 Slide left foot to right foot
- 16 Stomp right foot and clap

LONG STEP, SHIMMY, CLAP

- 17-18 Long step right foot to side with bent knees
- 19-20 Slide left foot to join right foot with shimmy, clap
- 21-22 Long step left foot to side with bent knees
- 23-24 Slide right foot to join left foot with a shimmy, clap
- 25-26 Long step left foot to side with bent knees
- 27-28 Slide right foot to join left foot with a shimmy, clap

REPEAT

- 1) Counts 5-8 are omitted by some dancers.
- 2) Shimmies may be replaced by pelvic thrusts (especially by men).