Chass (Chest, Heart And Stroke Strut)



编舞者: Mark Hood (UK)

音乐: Two Hearts - Phil Collins



TOE STRUTS FORWARD

1-2	Touch left toe forward, drop left heel
3-4	Touch right toe forward, drop right heel
5-6	Touch left toe forward, drop left heel
7-8	Touch right toe forward, drop right heel

ROLLING GRAPEVINE, SCUFF

9-10 Step left to the left with a ¼ turn left, step right over left with a¼ turn to the left 11-12 Step left crossing behind right with a ½ turn to the left, scuff right forward

LONG-STEP, SLIDE WITH 1/4 TURN, STOMP

13 Long-step right to the right

14-15 Slide left up to the right with ¼ turn to the left

16 Stomp right beside left

STEP, PIVOT, STEP, PIVOT

17-18 Step right forward, pivot ½ to the left 19-20 Step right forward, pivot ½ to the left

GRAPEVINE, SCUFF

21-22 Step right to the right, step left behind right 23-24 Step right to the right, scuff left forward

JAZZ JUMPS, CLAP TWICE

25-26 Jump forward left then right, clap 27-28 Jump forward left then right, clap

MASHED POTATO X8

29&	Step left back, swivel both toes in
30&	Step right back, swivel both toes in
31&	Step left back, swivel both toes in
32&	Step right back, swivel both toes in
33&	Step left back, swivel both toes in
34&	Step right back, swivel both toes in
35&	Step left back, swivel both toes in
36	Step right back

ROCK, ROCK, STEP, PIVOT

37-38 Rock left back, rock right forward 39-40 Step left forward, pivot ½ to the right

REPEAT