

Sinatra Strut

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Roly Ansano (USA) - March 2022
音樂: New York, New York (DJ BKool Remix) - Frank Sinatra
或: Theme From New York, New York - Roger Williams
或: I've Got You Under My Skin - Rod Stewart



Alternate Music:

Theme From New York, New York by Roger Williams

I've Got You Under My Skin by Rod Stewart

Intro: 32

KICK-BALL POINT, KICK-BALL POINT, JAZZ BOX-CROSS

1&2 Kick R forward, step R back, touch L side
3&4 Kick L forward, step L back, touch R side
5-8 Cross R over, step L back, step R side, cross L over

VINE RIGHT-QTR, MODIFIED VINE LEFT

1-3 Step R side, cross L behind, step R side
4 Turn 1/4 right and step L side
5-8 Cross R behind, step L side, cross R over, step L side

TOE-STRUT ROUTINE

1-2 Touch R toe side, drop heel
3-4 Cross L toe over, drop heel
5-6 Touch R toe behind, drop heel
7-8 Touch L toe back, drop heel

BACK ROCK, SHUFFLE, FORWARD ROCK, HALF-TURN SHUFFLE

1-2 Rock R back, recover
3&4 Shuffle forward RLR
5-6 Rock L forward, recover
7&8 Turn 1/2 left and shuffle forward LRL

REPEAT

TAG (10)

At end of W5 and W10

1&2 Rock R side, recover, cross R over
3&4 Rock L side, recover, cross L over
5&6 Rock R side, recover, cross R behind
7&8 Rock L side, recover, cross L behind
9-10 Turn 1/4 right and step R side, step L together

NOTE: The alternate music listed above does not require the TAG.

Last Update - 20 Mar 2022