

Her Strut

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Mike Camara (USA) - March 2022
音樂: Her Strut - Bob Seger : (Remastered)



WALK, WALK, SHUFFLE FWD. STEP L FWD. ROCK BACK R PIVOT L ½ TURN AS YOU SHUFFLE FWD L, R, L

1-2 Walk Fwd. R, L
3&4 Shuffle Fwd. R, L, R
5-6 Step L Fwd. Rock Back On R
7&8 Pivot L ½ Turn, Shuffle Fwd. L, R, L

WALK, WALK CHARLSTON STEP, LEFT COASTER, RIGHT FWD. SHUFFLE

1-2 Walk Fwd. R, L
3-4 Swing R Foot Touching In Front, Step Back On Right
5&6 Left Coaster Step L, R, L
7&8 Shuffle Fwd. R, L, R

STEP FWD. PIVOT ½ TURN SHUFFLE FWD. R & L TOE HEEL STRUTS FWD.

1-2 Step L Fwd. Pivot ½ Turn Right
3&4 Shuffle Fwd. L, R, L
5-6 Right Toe Heel Strut Fwd.
7-8 Left Toe Heel Strut Fwd.

RIGHT SIDE SHUFFLE, ROCK RECOVER, SIDE SHUFFLE L TURNING ¼ LEFT, RIGHT KICK BALL CHANGE

1&2 Side Shuffle Right R, L, R
3-4 Step L Behind R, Recover on Right
5&6 Side Shuffle Left With ¼ Turn Left. L, R, ¼ L
7&8 Right Kick Ball Change, R, R, L
