Struttin' Star



編舞者: Ruth Lamden - 1997

音樂: Strut Your Stuff - Dave Sheriff

或: Whose Bed Have Your Boots Been Under? - Shania Twain



[1-8] Heel Struts Forward.

1-2 Dig right heel forward, drop toes to floor taking weight on to right foot.3-4 Dig left heel forward, drop toes to floor taking weight on to left foot.

5-8 Repeat counts 1-4

[9-16] Stroll Back, Stomp, Pigeon Toes x2

1-4 Walk back right, left right. Stomp left beside right.

5-6 Taking weight on the balls of both feet, split heels apart, bring heels together.

7-8 Repeat counts 5-6.

[17-24] Camel Walks Forward with Hitches.

1-2 Step diagonally forward right, slide left up to right.3-4 Step diagonally forward right, hitch left knee.

5-8 Repeat counts 1-4 on the left foot.

[25-32] Steps with Hooks/Slaps, 1/4 Steps with Hitches/Slaps.

Step right to right side, hook left behind right knee and slap your boot with right hand.
Step left to left side, hook right behind left knee and slap your boot with left hand.
Step right to right side, hitch left over across right and slap your knee with right hand.
Turn ¼ left stepping forward left, hitch right knee and slap knee with left hand.

Submitted by Glynn Rodgers (glynnrodgers@live.com) – I cannot find a record of this dance on any of the usual sites, so I have written the script from memory.