

# Strike A Pose

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Stephen Sunter (UK) & John Robinson (USA)  
音樂: Vogue - Madonna



## KNEE N' KNEE / TURN-ROCK STEP

- 1 Weight on left foot, turn right knee in toward left leg
- & Weight remaining on left foot, quickly turn right knee out
- 2 Weight remaining on left foot, quickly turn right knee in toward left leg again
- & Pivot  $\frac{1}{4}$  right on ball of left foot, stepping right foot to right side, weight on right foot (facing 3:00)
- 3 Step left foot forward, rocking weight to it, slightly raising heel of right foot
- 4 Step right foot down in place

## COASTER STEP / BRUSH-HITCH-CROSS

- 5 Begin left-right-left coaster step by stepping left foot back, weight on it
- & Quickly step right foot next to left foot, weight on right foot
- 6 Complete coaster step by stepping left foot forward, weight on it
- 7 Weight remaining on left foot, brush right foot forward
- & Weight remaining on left foot, quickly lift right knee in a hitch
- 8 Cross right foot over left foot, weight on balls of both feet

## SPIN / TOUCH / TURN / TOUCH

- 9 Spin / turn a full turn left on balls of both feet, weight ending on left foot (facing 3:00)
- 10 Weight remaining on left foot, touch / point right toe out to right side
- 11 Pivot  $\frac{1}{2}$  right on ball of left foot, stepping right foot next to left foot, weight on right (facing 9:00)
- 12 Weight remaining on right foot, touch / point left toe out to left side

## LOCK, SLIDE / LOCK, SLIDE

- 13 Weight remaining on right foot, cross left leg over right foot, left heel raised, raise hands to shoulder height, preparing to snap fingers
- 14 Press left heel down, weight on it, leaning slightly forward, while sliding right toe back, swing arms down past hips, snapping fingers
- 15 Step right heel down, weight on it, sliding left leg back to cross over right, left heel raised, raise hands to shoulder height, preparing to snap fingers
- 16 Press left heel down, weight on it, leaning slightly forward, while sliding right toe back, swing arms down past hips, snapping fingers

## KICK N' POINT / CROSS / TURN

- 17 Weight remaining on left foot, kick right foot forward
- & Quickly step right foot next to left foot, weight on right foot
- 18 Weight on right foot, quickly touch / point left toe out to left side
- 19 Weight remaining on right foot, cross left leg over right foot, left heel raised
- 20 Pivot  $\frac{1}{2}$  right on balls of both feet, unwinding, weight ending on left foot (facing 3:00)

## BRUSH N' TOUCH / BRUSH N' TOUCH

- 21 Weight remaining on left foot, brush right foot forward
- & "Spring from left foot" to quickly step right foot forward, weight on it
- 22 Weight remaining on right foot, touch left toe next to right foot
- 23 Weight remaining on right foot, brush left foot forward
- & "Spring from right foot" to quickly step left foot forward, weight on it

24 Weight remaining on left foot, touch right toe next to left foot

**STEP / HOLD / ROLL-AROUND**

25 Step right foot to right side, shoulder width apart, weight on it

26 Hold

27-28 Roll hips right to left in 2 count pelvic roll, weight ending evenly on both feet

**SIDE / HUH ? / FRONT / DOWN**

29 Raise both hands to frame face: left hand at left side of face, fingers pointing up toward ceiling, thumb in " left" position, right hand at right side of face, fingers pointing up toward ceiling, thumb in " backward or mirrored left" position

30 Rotate both hands out to sides, shoulder height, palms up, in a kinda' huh? Questioning position

31 Rotate hands to frame face: left hand in front of, but not touching, forehead, palm facing out, thumb pointing down right hand just under, but not touching, chin, palm facing in, thumb pointing up

32 Rotate hands to bring arms in front of chest in a kinda' "genie position", framing chest, so that right arm lies on left arm right hand lying on top of left forearm, right palm facing downward, thumb tucked in, left hand placed under right forearm, left palm facing upward, thumb tucked in

**REPEAT**

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