

# Strut and Kick

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**Count:** 32                      **Wall:** 4                      **Level:** Absolute Beginner

**Choreographer:** Margaret Koll - Dance With The Twins - Dec. 2015

**Music:** Billie Jean by Michael Jackson

## **\*\*To teach tow struts and kick-ball-changes**

**Alt. Music: Tonight by The Shires OR "You Walked In" by Lonestar .**

### **Toe Struts and Right Kick-Ball-Changes**

- 1-2**            Touch right toe forward, lower heel to floor
- 3-4**            Touch left toe forward, lower heel to floor
- 5&6**           Kick right foot forward, step down on ball of right foot, step on left foot
- 7&8**           Kick right foot forward, step down on ball of right foot, step on left foot
- 1-2**            Touch right toe back, lower heel to floor
- 3-4**            Touch left Toe back, lower heel to floor
- 5&6**           Kick right foot forward, step down on ball of right foot, step on left foot
- 7&8**           Kick right foot forward, step down on ball of right foot, step on left foot

### **Vine and Left Kick-Ball-Changes**

- 1-2**            Step right foot to right side, step left foot behind right
- 3-4**            Step right foot to right side, touch left toe beside right foot
- 5&6**           Kick left foot forward, step down on ball of left foot, step on right foot
- 7&8**           Kick left foot forward, step down on ball of left foot, step on right foot

### **Vine 1/4 turn left and Right Kick-Ball-Changes**

- 1-2**            Step left foot to left side, step right foot behind left
- 3-4**            Turning 1/4 turn step on left, touch right toe next to left foot
- 5&6**           Kick right foot forward, step down on ball of right foot, step on left foot
- 7&8**           Kick right foot forward, step down on ball of right foot, step on left foot

**Repeat**

**This dance is used to teach toe struts, kick-ball-changes, vine and vine with 1/4 turn to new dancers**

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