

Body Strut

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Barbara Mease & David Whitehead - 18 January 2019

Music: Body Talks by The Struts [feat. Kesha] 186 bpm

Intro: 32 Counts

Toe Struts To The Left w ¼ Turn Left

- 1-2 Touch R Toe across the left foot, Drop R Heel
- 3-4 Touch L Toe to L Side, Drop L Heel
- 5-6 Touch R Toe across the left foot, Drop R Heel
- 7-8 Turn ¼ turn L and touch L Toe forward, Drop L Heel (9:00)

Cross, Back, Back, Hold, ½ Turn L Hold

- 1-4 Cross R Foot in front of L, step L back, step R Back, hold
- 4-8 Turn ¼ turn L stepping L to the side (6:00), Step R next to L, Turn ¼ turn L and step L forward, hold (3:00)

Make 1/2 Circle To The Left With Heel Struts

- 1-4 Turning 1/8 Left touch R Heel forward, drop R toe, Turning 1/8 turn L touch R heel forward, Drop L toe
- 5-8 Repeat counts 1-4 (9:00)

Apart, Hold, L Knee, Hold, Heel Swivels

- &,1, 2 Step R to R side (&), Step L to L side (1), Hold (2)
- 3-4 Drop R knee across L as raise R Heel, Hold
- 5-8 Swivel heels R,L,R,L Weight ending on L (9:00)

Repeat

Tag & Restart: On wall 12 (3:00) dance the first two sections (16 counts) You will be facing 6:00. Add this tag:

Touch R across L, unwind $\frac{1}{2}$ turn L, hold, clap hands, then restart the dance facing 12:00

Contact information:

Barbara Mease: bernease@aol.com

David Whitehead: bigdave52952@comcast.net