

Strummingbird



Choreography: Maddison Glover

Count's: 32 count, 4 wall, Absolute Beginner

Music/Performer: ONE MORE von James Johnston

Note: The dance begins after 16 beats.

Side, Touch in Place, Side Touch in Place, Vine Right, Touch Together

- 1 Step R to R side as you slightly bend both knees (Option: Swing/ scoop the hips down to R)
- 2 Touch L in place (Option: Click R hand in front of eyes or tip hat)
- 3 Step down onto L as you slightly bend both knees (Option: Swing/ scoop the hips down to L)
- 4 Touch R in place (Option: Click L hand in front of eyes or tip hat)
- 5-8 Step R to R side, cross L behind R, step R to R side, touch L together

Step Out with Hip Bump, Hip Bump, Hip Bump, Hip Bump with Flick Behind, Vine Left, Touch Together

- 1,2 Step/ rock L out to L side as you bump hips to L, bump hips to R
- 3,4 Bump hips to L, bump hips to R as you flick L up/behind
- 5-8 Step L to L side, cross R behind L, step L to L side, touch R together

Heel Struts Forward x4

- 1-4 Touch R heel fwd, lower toes to floor, touch L heel fwd, lower toes to floor
- 5-8 Touch R heel fwd, lower toes to floor, touch L heel fwd, lower toes to floor

(Option: Funk it up- Slightly bend knees when you lower toes)

Double Heel Forward, Double Toe Back, ¼ Turning V-Step

- 1,2 Touch R heel fwd, touch R heel fwd
- 3,4 Tap R toe back, tap R toe back
- 5,6 Step R fwd into R diagonal, step L fwd into L diagonal
- 7,8 Turn ¼ R stepping R back (1:30), turn 1/8 R stepping L together (3:00)

Option: On count 8; jump together as you clap hands together

Ending: Once you have completed your final V-Step to face 6:00; make a further ½ turn to 12:00, jumping feet apart as you throw both hands up in the air!