

Trudy

Count: 64

Wall: 2

Level: Intermediate

Choreographer: José Miguel Belloque Vane (NL) & Rhoda Lai (CAN) - June 2017

Music: "Trudy" by Aston Merrygold (3:15)

Music available : <https://itunes.apple.com/us/album/trudy-single/id1229176450>

Intro: 16 counts - Sequence: A Tag1 A Tag2 A Tag1 A A A Tag2

Part A - Main Dance (64 Counts)

S1: Hip Bumps RLR, R Flick, ¼ R, ½ R, ½ R Shuffle

1234 Step R to the side bumping hips R, L, R, flick R behind L

56 ¼ R stepping forward R, ½ R stepping L back

(9:00)

7&8 ½ R shuffle stepping R, L, R

(3:00)

S2: Rock Forward L, ½ L Shuffle, (R Pivot ½ L) X2

123&4 Rock forward L, recover onto R, ½ L shuffle stepping L, R, L

(9:00)

5678 Step forward R, pivot ½ L, step forward R, pivot ½ L

(9:00)

S3: (Cross- Point) X2, R Jazz Box ¼ R

1234 Cross R over L, point L to L side, cross L over R, point R to R side

5678 Cross R over L, ¼ R stepping L back, step R to the side, step L beside R

(12:00)

S4: Shorty George, R Pivot ¼ L, R Cross, ¼ R

1&2 Kick R to the side, step on ball of R in place, step on ball of L beside R (Bending knees)

34 Step forward R swiveling R knee outwards, step forward L swiveling L knee outwards

5678 Step forward R, pivot ¼ L, cross R over L, ¼ R stepping back L

(12:00)

S5: ¼ R, R Side-Hold-Together-Side-Cross, R Side-Cross, R Side-Cross

12&34 ¼ R stepping R to R side, hold, step L beside R, step R to R side, cross L over R

(3:00)

56 Step R slightly to R side, (Bending knees) cross L over R just like limping

78 Step R slightly to R side, (Bending knees) cross L over R just like limping

S6: R Side Rock-1/8 R-L Point-Hitch, L Back Rock, L Pivot ½ R

12&34 Rock R to R side, 1/8 R recover onto L, step R beside L, point L to L side, hitch L

(4:30)

5678 Rock back L, recover onto R, step forward L, pivot ½ R

(10:30)

S7: L Forward, Hold, R Together, L Forward-scuff, R Jazz box 1/8 R Cross

12&34 Take a big step forward L, hold, step R beside L, step L slightly forward, scuff R beside L

(10:30)

5678 Cross R over L, 1/8 R stepping back L, step R beside L, cross L over R

(12:00)

S8: Monterey ½ R, R Side Touch, L Side Touch

1234 Point R to R side, slide R towards L while turning ½ R, point L to L side, step L beside R

(6:00)

5678 Step R to R side, touch L beside R, step L to L side, touch R beside L

Tag 1 (16 Counts) Tag 1 happens facing 6:00 ONLY

tS1: R Side, Hold, Behind-side-cross, Hold, R Side rock

1234 Step R to R side, hold, step L behind R, step R to the side

5678 Cross L over R, hold, rock R to R side, recover onto L

tS2: R Cross, Hold, ¼ R, ½ R, ¼ R Big Step Side Drag

1234 Cross R over L, hold, ¼ R stepping back L, ½ R stepping forward R
5678 ¼ R taking a big step L to L side, drag R towards L over 3 counts

Tag 2 (16 Counts) Tag 2 happens facing 12:00 ONLY.

TS1: R Stomp Forward, Hold, (Roll Hips) x 3 Turning ½ L

12 Stomp R forward, hold
34 Roll hips counter-clockwise while turning to the L (ending weight on L)
56 Roll hips counter-clockwise while turning to the L (ending weight on L)
78 Complete ½ L by rolling hips counter-clockwise (ending weight on L)

TS2: repeat S1

Enjoy!

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