





Strut Through My Heart



Choreographed by Christopher Gonzalez (USA) (March 2018)
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Description	Counts: 32, Walls: 4, Difficulty: High Beginner/Low Improver, Google Docs step sheet: https://goo.gl/DvBiFX
Music	"Bang Bang" by K'Naan ft. Adam Levine, 3:04, 180 BPM, 16-count intro :: https://open.spotify.com/track/2U0zvszh4nKG92Q8TVnnhT
Alt. tracks	"Guitars, Cadillacs" by Dwight Yoakam: https://open.spotify.com/track/3HtCJiLV8GH87AViMtUKhO "At The Hop" by Danny & the Juniors: https://open.spotify.com/track/4GkR7oqw9czPPc8F38UdYI "Tequila" by The Champs: https://open.spotify.com/track/5gJKsGij5oGt5H5RSFYXPa "Tutti Frutti" by Little Richard: https://open.spotify.com/track/2vXk7PcNLLXsdnVaoMxzTj "(We're Gonna) Rock Around The Clock" by Bill Haley and His Comets: https://open.spotify.com/track/2XBsQSZqHPPAtZpRG6Tvlm

Section	Footwork	End face
1-8	R & L Skating Toe Struts (or "Skate Struts"), R & L Skates, R Hitch (or "Swivitch" for "Swivel + Hitch"), R Step	12:00
1, 2	Swivel L heel L and slide R toe toward R diagonal (1), step R down (2)	12:00
3, 4	Swivel R heel R and slide L toe toward L diagonal (3), step L down (4)	12:00
5, 6	Swivel L heel L and slide R forward and toward R diagonal (5), swivel R heel R and slide L forward and toward L diagonal (6)	12:00
7, 8	Swivel L heel L and hitch R with R instep facing up (7), return both to center and step R in place with L heel raised (8) Note: On count 7, imagine kicking a hacky sack/footbag/bean bag upward toward your face Easier option: Replace counts (7-8) by repeating counts (5-6) and swiveling L ball to center during count 9	12:00
9-16	R Kick, R Cross, L Rock-Recover, L Kick, L Cross, R Rock-Recover	12:00
1, 2	Rise up on L ball and kick R forward (1), cross R over L (2)	12:00
3, 4	Rock L back (3), recover R (4)	12:00
5, 6	Rise up on R ball and kick L forward (5), cross L over R (6)	12:00
7, 8	Rock R back (7), recover L (8)	12:00
17-24	R & L Toe Struts, R Rocking Chair	12:00
1, 2	Touch R toe forward (1), step R down (2)	12:00
3, 4	Touch L toe forward (3), step L down (4)	12:00
5, 6	Rock R forward (5), recover L (6)	12:00
7, 8	Rock R back (7), recover L (8)	12:00
25-32	R Step, Hold, 1/4 L Turn, Hold, R Jazz Box w/ L Cross	12:00
1, 2	Step R forward (1), hold (2)	12:00
3, 4	Turn 1/4 L with weight L (3), hold (4)	9:00
5, 6	Cross R over L (5), step L back (6)	9:00
7, 8	Step R to side (7), cross L over R (8)	9:00
	Styling!	
*25-28	To hit additional syncopation in the music, try: Step R forward (1), bounce heels three times turning 1/4 L, weight to L (2-4)	