



# Strummingbird

Choreographer : Maddison Glover

Type of dance : 4 Wall

Level : Absolute Beginner

Counts : 32

Intro : 16 counts

Music : One More – by James Johnston

## 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)
- 5,6,7,8 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
- 5,6,7,8 Step L to L side, cross R behind L, step L to L side, touch R together

## Heel Struts Forward x4

- 1,2,3,4 Touch R heel fwd, lower toes to floor, touch L heel fwd, lower toes to floor
  - 5,6,7,8 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)*

**NO TAGS. NO RESTARTS. YOU'RE WELCOME!**

*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!*

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