

# Strummingbird

Choreographer : Maddison Glover

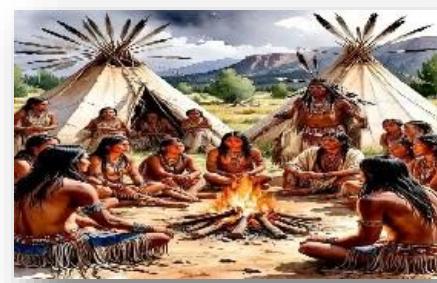
Type of dance : 4 Wall

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 ( <i>Option: Swing/ scoop the hips down to R</i> )
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 ( <i>Option: Swing/ scoop the hips down to L</i> )
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, 1/4 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 1/8 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 1/2 turn to 12:00, jumping feet apart as you throw both hands up in the air!*

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