

Prairie Strut

Choreographed by Hedy McAdams

Description: 48 count, 4 wall, beginner/intermediate line dance

Music: **I Am A Simple Man** by Ricky Van Shelton 120 bpm / CD

Here's Hopin' by Roy Rogers & Randy Travis

Cherokee Boogie by BR5-49 165 bpm

TOE-SNAP-SNAP-SNAP, TOE-SNAP-SNAP-SNAP

- 1-2 Step forward slightly with ball of right foot, Tap right heel down
- 3-4 Tap right heel down, Drop right heel down (weight on right foot)
- 5-6 Step forward slightly with ball of left foot, Tap left heel down
- 7-8 Tap left heel down, Drop left heel down (weight on left foot)

TOE-SNAP, TOE-SNAP, TOE-SNAP, TOE-SNAP

- 9-10 Step forward slightly with ball of right foot, Drop right heel down (weight on right foot)
- 11-12 Step forward slightly with ball of left foot, Drop left heel down (weight on left foot)
- 13-14 Step forward slightly with ball of right foot, Drop right heel down (weight on right foot)
- 15-16 Step forward slightly with ball of left foot, Drop left heel down (weight on left foot)

CROSS-ROCK, ROCK-KICK, CROSS-ROCK, ROCK-KICK

- 17 Cross-hop-step forward-left with right foot in front of left foot, lift left leg up behind.
- 18 Hop-step back onto left foot, lifting right foot up
- 19 Cross-hop-step forward-left with right foot in front of left foot, lift left leg up behind.
- 20 Hop-step back onto left foot, lifting right foot up

VINE RIGHT, BEHIND, RIGHT, SCUFF

- 21-22 Step to right side with right foot, Step across behind right leg with left foot
- 23-24 Step to right side with right foot, Scuff left foot forward-right in front of right leg

CROSS-ROCK, ROCK-KICK, CROSS-ROCK, ROCK-KICK

- 25 Cross-hop-step forward-right with left foot in front of right foot, lift right leg behind.
- 26 Hop-step back onto right foot, lifting left foot up
- 27 Cross-hop-step forward-right with left foot in front of right foot, lift right leg behind.
- 28 Hop-step back onto right foot, lifting left foot up

LEFT SIDE, TOGETHER, TURN, SCUFF

- 29-30 Step to left side with left foot, Step together with right foot next to left foot
- 31-32 Step ¼ turn left with left foot, Scuff right heel forward

STEP, SCUFF-TURN, STEP, SCUFF, STEP, SCUFF-TURN, STEP, SCUFF

- 33 Step forward with right foot
- 34 Pivot ¼ turn left on ball of right foot, scuff left heel forward
- 35 Step forward with left foot
- 36 Scuff right heel forward
- 37 Step forward with right foot
- 38 Pivot ¼ turn left on ball of right foot, scuff left heel forward
- 39 Step forward with left foot
- 40 Scuff right heel forward

RIGHT CAMEL WALK, SCUFF, LEFT CAMEL WALK, SCUFF

- 41 Step slightly forward-right with right foot
- 42 Slide left foot next to right foot
- 43 Step slightly forward-right with right foot
- 44 Scuff left heel forward
- 45 Step slightly forward-left with left foot
- 46 Slide right foot next to left foot
- 47 Step slightly forward-left with left foot
- 48 Scuff right heel forward

REPEAT

