

Stray Cat Strut – for Absolute Beginners¹

Choreographed by Unknown

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Description: A 32-count, 4 wall, beginning line dance adapted for absolute beginners

Section A:

HEEL – TOG – HEEL – TOGETHER

HEEL – TOG – HEEL – TOGETHER

- 1 – Tap R heel forward
- 2 – Step R beside L
- 3 – Tap L heel forward
- 4 – Step L beside R
- 5 – Tap R heel forward
- 6 – Step R beside L
- 7 – Tap L heel forward
- 8 – Step L beside R

Section B:

HEEL – HEEL – TOE – TOE

HEEL – TOE – HEEL – TOE

- 1 – Tap R heel forward
- 2 – Tap R heel forward
- 3 – Tap R toe back
- 4 – Tap R toe back
- 5 – Tap R heel forward
- 6 – Tap R toe back
- 7 – Tap R heel forward
- 8 – Tap R toe back

Section C “Struts”

HEEL – SNAP – HEEL – SNAP

HEEL – SNAP – HEEL – SNAP

- 1 – Step forward on heel of R foot
- 2 – Snap R toe down (change weight R)
- 3 – Step forward on heel of L foot
- 4 – Snap L toe down (change weight L)
- 5 – Step forward on heel of R foot
- 6 – Snap R toe down (change weight R)
- 7 – Step forward on heel of L foot
- 8 – Snap L toe down (change weight L)

Section D:

ROCK – RECOVER – TURN – SHIFT

ROCK – RECOVER – STEP – STEP

- 1 – Cross R over L
- 2 – Step L back
- 3 – Turn ¼ left and step R beside left
- 4 – Step L slight forward
- 5 – Cross R over L
- 6 – Step L back
- 7 – Step R to right
- 8 – Step L beside R

Begin Again on new wall.

Adaptation for Absolute Beginners

Section D:

ROCK – RECOVER – TURN – STEP

ROCK – RECOVER – STEP – STEP

- 1 – Rock R forward
- 2 – Recover weight L
- 3 – Turn ¼ left and step R beside left
- 4 – Step L in place
- 5 – Rock R forward
- 6 – Recover weight L
- 7 – Step R in place
- 8 – Step L in place

Adaptation for seated dancers

Section D:

ROCK – RECOVER – STEP – STEP

ROCK – RECOVER – STEP – STEP

- 1 – Rock R forward
- 2 – Recover weight L
- 3 – Step R beside L
- 4 – Step L in place
- 5 – Rock R forward
- 6 – Recover weight L
- 7 – Step R beside L
- 8 – Step L in place