

HEDY MCADAMS:

"PRAIRIE STRUT" *Hedy McAdams*

A 48-count, 4-wall, beginning-level line dance

Choreographer: **HEDY McADAMS**, instructor, choreographer, deejay, "CACTUS ROSE Presents," Palo Alto, CA (San Francisco Bay Area) (and prepared by) phone & fax: 650/322-6760 - e-mail: hedy@bjt.net - step sheet updates: <http://www.linedancefun.com>

Music/tempo: recommended: **CHEROKEE BOOGIE**, by BR5-49, 164 BPM, 24-count lead (CDX Vol. 144 9/96)
teachingalt/alt: I AM A SIMPLE MAN, by Ricky Van Shelton, 120 BPM, 16-count lead

HERE'S HOPIN' by Roy Rogers and Randy Travis, 140 BPM, 24-count lead

Note for deejays: "Flying 8" is an alternative dance that works well with recommended music.

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A TOE, SNAP, SNAP, SNAP TOE, SNAP, SNAP, SNAP

Home/original wall=12:00 o'clock, begin with weight left (L).

- 1 Step ball of R forward
- 2-4 Snap R heel down 3 times (change weight to R on 4)
- 5 Step ball of L forward
- 6-8 Snap L heel down 3 times (change weight to L on 8)

Note: lift R heel up between counts A2-3 and A3-4; lift L heel up between counts A6-7 and A7 8.

B TOE, SNAP, TOE, SNAP TOE, SNAP, TOE, SNAP

You should be facing 12:00 wall, now, and your weight is L.

- 1 Step ball of R toe forward
- 2 Snap R heel down
- 3 Step ball of L toe forward
- 4 Snap L heel down
- 5-8 Repeat steps B1-B4

Note: this pattern progress toward 12:00 o'clock wall (it is not static).

C CROSS, ROCK, ROCK, ROCK RIGHT, BEHIND, RIGHT, SCUFF

You should be facing 12:00 wall, now, and your weight is L.

- 1 (angle body slightly left) Cross-hop-step R in front of L (lift L behind)
- 2 Hop-back on L (in place) (lift R foot forward)
- 3 Cross-hop-step R in front of L (lift L behind)
- 4 Hop-back on L (in place) (lift R foot forward)
- 5 (adjust body to face forward) Step R to right
- 6 Step L behind R
- 7 Step R to right
- 8 Scuff L heel a diagonal right (angle body slightly right)

Note: counts C5-7 may be bouncy; also, dancer may sing along with echo part of chorus "HEY-HO-ALEENA"

Awards:

This dance won first place for original choreography at the Desert Sands Dance Festival in 1996 and is taught and requested at country-western venues around the world.

D CROSS, ROCK, ROCK, ROCK LEFT, TOGETHER, TURN, SCUFF

You should be facing 12:00 wall, now, and your weight is R.

- 1 Cross-hop-step L in front of R (lift R behind)
- 2 Hop-back on R (in place) (lift L forward)
- 3 Cross-hop-step L in front of R (lift R behind)
- 4 Hop-back on R (in place) (lift L forward)
- 5 (adjust body to face forward) Step L to left
- 6 Step R beside L
- 7 Turn ¼ left [9:00] and step forward on L
- 8 Scuff R heel forward

Note: counts D5-7 may be bouncy; also, dancer may sing along with echo part of chorus "HEY-HO-ALEENA"

E STEP, SCUFF, STEP, SCUFF STEP, SCUFF, STEP, SCUFF

You should be facing 9:00 wall, now, and your weight is L.

- 1 Step forward on R
- 2 Turn body ¼ left [6:00] and scuff L heel forward
- 3 Step forward on L
- 4 Scuff R heel forward
- 5 Step forward on R
- 6 Turn body ¼ left [3:00] and scuff L heel forward
- 7 Step L forward
- 8 Scuff R heel forward

F RIGHT, TOGETHER, RIGHT, SCUFF LEFT, TOGETHER, LEFT, SCUFF

You should be facing 3:00 wall, now, and your weight is L.

- 1 (progress to the right and slightly forward) Step R to right
- 2 Step L beside R
- 3 Repeat F1
- 4 Scuff L heel forward
- 5 (progress to the left and slightly forward) Step L to left
- 6 Step R beside L
- 7 Repeat F5
- 8 Scuff R heel forward

BEGIN AGAIN (reset "clock" at 12:00)