**The C & D Strut**

**Description:-** 48 Count – Easy Intermediate Partner Dance.

Start dance in Double Hand Hold. Gent facing OLOD, Lady Facing ILOD, Opposite Footwork.

**Choreographers:-** Alan & Sonia Cole. ( alan.sonia@btinternet.com )

**Website:-** [http://alan-and-sonia.webs.com](http://alan-and-sonia.webs.com/)

**Alternative Music Track :-** Hang In There Superman by Hal Ketchum

**Side Strut, Cross Strut, Side, Hold, Back Rock X2**

**1&2&3&4&** Step Lt toe to Lt, Drop Lt Heel, Cross Rt toe Over Lt, Drop Rt Heel, Opposite for LADY

Step Lt to Lt, Hold, Rock Rt behind Lt, Recover on Lt.

**5&6&7&8&** Step Rt toe to Rt, Drop Rt Heel, Cross Lt toe Over Rt, Drop Lt Heel, Opposite For Lady

Step Rt to Rt, Hold, Rock Lt behind Rt, Recover on Rt.

**Pinwheel ¾ turn Rt on Lt, Rt. Lt,Rt,Lt. ½ Turn, Step, Together, Step.**

**(Keep hold of Gent’s Lt & Lady’s Rt, put Rt hand on Lady’s Waist, Lady’s Lt Hand on Gent’s Shoulder)**

**9,10,11&12 GENT** Step Fwd on Lt,Rt, turning ¼ turn Rt to face RLOD. Continue ½ turn Rt to face LOD on Lt, Rt, Lt.

**LADY** Step Fwd on Rt, Lt turning ¼ turn Rt to face LOD . Continue ½ turn Rt to face RLOD on Rt,Lt,Rt.

**13,14,15&16 GENT** Walk Round back of lady on Rt,Lt, to face RLOD, Walk down RLOD on Step, together, Step, Rt, Lt, Rt.

**LADY** Turn ½ turn Lt under Gent’s Raised Lt on Lt,Rt( face LOD ) Walk back down RLOD on Step, together, Step, Lt, Rt, Lt.

**(On the ½ turn keep Gent’s Rt hand on Lady’s waist sliding it round her waist as she turns under Gents Raised Lt)**

**Rock, Recover, Step, Together, Step, ½ Turn, Step, Together, Step.**

**17,18,19&20 GENT** Rock Fwd on Lt, Recover on Rt. Walk Back down LOD on Step, Together, Step, Lt, Rt, Lt.

**LADY** Rock Back on Rt, Recover on Lt. Walk Fwd down LOD on Step, Together, Step, Rt, Lt, Rt.

**21,22,23&24** **GENT** Walk Round back of Lady ½ turn Rt to face LOD on Rt, Lt.

Walk Fwd down LOD on Step, Together, Step, Rt, Lt, Rt.

**LADY** Turn ½ turn Lt under Gent’s Raised Lt on Lt, Rt to face RLOD. Walk back down LOD on Step, together, Step, Lt, Rt, Lt.

**(On the ½ turn keep Gent’s Rt hand on Lady’s waist sliding it round her waist as she turns under Gents Raised Lt)**

**Gent Step, ½ turn Rt, Lady Rock back, Recover, Both Step, Together, Step, down Reverse LOD**

**25,26,27&28 GENT** Step Fwd on Lt, pivot ½ turn Rt onto Rt to face RLOD, Walk down RLOD on Step, together, Step, Lt, Rt, Lt.

**LADY** Rock Back on Rt, Recover on Lt. Walk down RLOD on Step, together, Step, Rt, Lt, Rt.

**(Into inside hand hold as you face RLOD)**

**Both Step ½ turn ( Gent turn Lt. Lady Turn Rt. ) Step, Together, Step, down LOD**

**29,30,31&32 GENT** Step Fwd on Rt, pivot ½ turn Lt onto Lt to face LOD. Walk Fwd down LOD on Step, Together, Step, Rt, Lt, Rt.

**LADY** Step Fwd on Lt, pivot ½ turn Rt onto Rt to face LOD. Walk Fwd down LOD on Step, Together, Step, Lt, Rt, Lt.

**(Pick up inside hand hold)**

**Side Rock, Cross, Side, Together Side, Cross Rock, ¼ Turn, Side,Together, Side.**

**33&34,35&36 GENT** Side Rock Lt, Recover Rt, Cross Lt over Rt, Side Chasse Rt, Lt , Rt. **(Pick up inside hand hold)**

**LADY** Side Rock Rt, Recover Lt, Cross Rt over Lt, Side Chasse Lt, Rt , Lt.

**37&38,39&40 GENT** Rock Lt over Rt, Recover on Rt, Turn ¼ Turn left on Lt, Side Chasse Rt on Rt, Lt, Rt.

**LADY** Rock Rt over Lt, Recover on Lt, Turn ¼ Turn Rt on Rt, Side Chasse Lt on Lt, Rt, Lt. **(Pick up double hand hold)**

**Back Mambo, ½ turn changing sides, Back Mambo, Side, Rock, Cross.**

**41&42,43&44 GENT** Rock Back onLt, Recover on Rt, Rock Fwd on Lt, Turn ½ turn Lt on Rt, Lt Rt, pass in front Lady. Drop Rt Hand

**LADY** Rock Back onRt, Recover on Lt, Rock Fwd on Rt, Turn ½ turn Rt on Lt, Rt Lt, under Gents Raised Lt Hand

**45&46,47&48 GENT** Rock Back onLt, Recover on Rt, Rock Fwd on Lt, Side Rock Rt, Recover Lt, Cross Rt over Lt.

**LADY** Rock Back onRt, Recover on Lt, Rock Fwd on Rt, Side Rock Lt, Recover Rt, Cross Lt over Rt

**BEGIN AGAIN**

Happy Dancing,

Alan & Sonia