



Prairie Strut

Choreographed by Hedy McAdams

Description: 48 count, 4 wall line dance
Music: **I Am A Simple Man** by Ricky Van Shelton (120 bpm)
Here's Hopin' by Roy Rogers & Randy Travis (140 bpm)
Cherokee Boogie by BR5-49 (164 bpm)

Start dancing on lyrics

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

- 1-4 Step forward with ball of right foot, Tap right heel down (x2), drop right heel down (weight on right foot)
5-8 Step forward with ball of left foot, Tap left heel down (x2), drop left heel down (weight on left foot)

TOE-SNAPS (x4)

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

CROSS-ROCK, ROCK-KICK (x2)

- 1 Cross-hop-step forward-left with right foot in front of left foot, lifting left leg up behind.
2 Hop-step back onto left foot, lifting right foot up
3 Cross-hop-step forward-left with right foot in front of left foot, lifting left leg up behind.
4 Hop-step back onto left foot, lifting right foot up

VINE RIGHT, BEHIND, RIGHT, SCUFF

- 5-7 Step to right side with right foot, step behind right leg with left foot, step to right side with right foot
8 Scuff left foot forward-right in front of right leg

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

- 1 Cross-hop-step forward-right with left foot in front of right foot, lifting right leg up behind.
2 Hop-step back onto right foot, lifting left foot up
3 Cross-hop-step forward-right with left foot in front of right foot, lifting right leg up behind.
4 Hop-step back onto right foot, lifting left foot up

LEFT SIDE, TOGETHER, TURN, SCUFF

- 5-7 Step to left side with left foot, step together with right foot next to left foot, step ¼ turn left with left foot
8 Scuff right heel forward

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

- 1-2 Step forward with right foot, pivot ¼ turn left on ball of right foot and scuff left heel forward
3-4 Step forward with left foot, scuff right heel forward
5-6 Step forward with right foot, pivot ¼ turn left on ball of right foot and scuff left heel forward
7-8 Step forward with left foot, scuff right heel forward

RIGHT CAMEL WALK, SCUFF, LEFT CAMEL WALK, SCUFF

- 1-2 Step slightly forward-right with right foot, slide left foot next to right foot
3-4 Step slightly forward-right with right foot, scuff left heel forward
5-6 Step slightly forward-left with left foot, slide right foot next to left foot
7-8 Step slightly forward-left with left foot, scuff right heel forward

REPEAT