

HEDY MCADAMS'
"Prairie Strut"

A 48-count, 4-wall, beginning level line dance, published April, 1996

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Choreographer: *Step sheet version/update: July 2011. Please check website for subsequent update; choreography link.*

Music/tempo:
Recommended: "CHEROKEE BOOGIE" by BR5-49, 164 BPM, 16-count lead,
Teaching: "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
Alternative: Ideal tempo: 140-180 BPM, Texas 2-Step or Fox-Trot Rhythm

(toe-heel struts)
A TOE – SNAP – SNAP – SNAP
TOE – SNAP – SNAP – SNAP

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

- 1 Step forward on ball of R
- 2-4 Snap R heel three times, ending weight R
- 5 Step forward on ball of L
- 6-8 Snap L heel three times, ending weight L

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

(toe-heel struts)
B TOE – SNAP – TOE – SNAP
TOE – SNAP – TOE – SNAP

Facing 12:00 wall, weight is L.

- 1 Step forward on ball of R
- 2 Snap R heel down
- 3 Step forward on ball of L
- 4 Snap L heel down
- 5-8 Repeat counts B1-4

Note: Counts B1-8 progress forward, toward 12:00 wall; they are NOT "in place."

C ROCK – RECOVER – ROCK – RECOVER
RIGHT – BEHIND – RIGHT – SCUFF

Facing 3:00 wall, 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
- 6-7 Step L behind R – Step R to right –
- 8 Scuff L heel a diagonal right (angle body slightly right)

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

Honors, Awards & Notes

Prairie Strut won first place at the 1996 Las Vegas Desert Springs Classic.
Note: video of dance, produced by choreographer, is now available on YouTube & www.DanceAdventures.com

D ROCK – RECOVER – ROCK – RECOVER
LEFT – BEHIND – TURN – SCUFF

Facing 9:00 wall, weight is R.

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

Facing 9:00 wall, 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

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

F ROCK – RECOVER – ROCK – RECOVER
LEFT – BEHIND – TURN – SCUFF

Facing 9:00 wall, weight is L.

- 1 Step R to right and slightly forward
- 2 Step L beside R
- 3 Step R to right and slightly forward
- 4 Scuff L heel forward
- 5 Step L to left and slightly forward
- 6 Step R beside L
- 7 Step L to left and slightly forward
- 8 Scuff R heel forward*

*Note: Dance ends on front wall with count F-8; instead of scuffing, stomp right foot down!

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