

BASIC X STRUT

This strutting routine is designed to be performed in an "X" pattern beginning at the judge's back left corner going to the front right corner, then going across the front of the judge to the front left corner and then crossing diagonal toward the back right corner and ending there.

When in competition in "Basic X Strut" it must be done in this pattern. However, it is designed so that it can be straightened out for straight line fancy strutting competition or added to for NBTA "X" strut competition if desired.

Presentation:

Pose with baton on R shoulder, point L toe

1-2 Tuck baton – spin left

Face R side

3-4 Lunge Left – left foot back

5-6 One toes – circle baton across back

7-8 Face front – salute

Part 1:

1-2 March – Arms in V

3-4 March – tuck baton

5-6 Step Ball Change on L foot – arms to left

7-8 Step Ball Change on R foot – arms to right

1-2 March –cross baton

3-4 On toes, twist, twist – arms out

5-6 Hitchkick – circle R arm

7-8 On toes – pass high to L hand

1-2 Face front – hold baton high in both hands

3-4 – Bow – push baton down legs

5-6 Tuck baton – Spin left

7-8 Face front corner – pose with baton on L knee

1-2 March toward corner – baton at L side of waist

3-4 March – arms out

5-6 Point L heel (hands behind back)

7-8 Point R heel (hands behind back)

1-2 March – tuck baton

3-4 March – point baton out in L hand

5-6 Pass High to RH - on toes (stay facing corner)

7-8 Arabesque leap - pass high to LH (facing corner)

1-2 On toes - hold high flat in both hands (facing judge)
3-4 Tuck under elbows - turn L to face R side
5-6 "V" on toes facing R side
7-8 Pose, point L toe - baton on L hip

Part 2:

1-2 March – baton at L hip
3-4 March – baton at R hip
5-6 Face back – step slide step to left – baton over head
7-8 Face front – step slide step to right – baton behind head

1-2 Face L side – pass backwards over R shoulder
3-4 Bend over – grab baton with R hand
5-6 On toes – high loop in R hand
7-8 Sit pose – baton behind back, L hand on L knee

1-2 Step ball change on L foot toward R side– tuck baton – look to front
3-4 Step ball change on R foot toward R side – tuck baton – look to back
5-6 L toe point – arms out – look front
7-8 R toe point – arms out – look back

1-2 March – arms in “L”
3-4 March – arms in reverse “L”
5-6 Turn to face judge – tuck baton
7-8 On toes – baton over head in both hands

1-2 Kick L leg back – baton behind head
3-4 On toes – return baton to over head position
5-6 Spin left
7-8 Pose facing back corner – baton on R shoulder in both hands

Part 3:

1-2 March – baton on left shoulder
3-4 March – swing baton back in R hand
5-6 Hurdle leap – circle R arm
7-8 Repeat hurdle leap

1-2 Kick L leg – pass high to L hand
3-4 Kick R leg – pass high to R hand
5-6 On toes – arms in V
7-8 Lunge – R toe back, R arm down

1-4 Circle R arm into R illusion
5-6 Face back corner – Circle R arm – look at judge
7-8 Face back corner – arms in V

1-2 March – head down – hold baton backhand in both hands
3-4 March – Arms in V
5-6 Step ball change on L foot – push R arm down
7-8 Step ball change on R foot – push L arm down

1-2 Lift L knee – arms out
3-4 Lift R knee –switch arms
5-6 Rock step on L foot – pass backwards over R shoulder to L hand
7-8 Back pass from L hand to R hand – turn left to face judge

1-2 Cradle baton
3-6 Pirouette turn to L – arms over head
7-8 Pose – point L toe- Arms in upside down V

1-4 Salute
5-8 Arms down