# Strummingbird



Count: 32 Wall: 4 Level: Absolute Beginner

Choreographer: Maddison Glover (AUS) - October 2025

Music: ONE MORE - James Johnston

Intro: 16 Counts

This dance was choreographed for the Australian Country Music Festival Tour "Strummingbird". I would like to thanks James & his team for reaching out to me!

## Side, Touch in Place, Side Touch in Place, Vine Right, Touch Together

1 Step	R to R side as	vou sliahtly	bend both knees (	Option: Swind	/ scoop the hips down to R)

2 Touch L in place (Option: Click R hand in front of eyes or tip hat)

3 Step down onto L as you slightly bend both knees (Option: Swing/ scoop the hips down to L)

Touch R in place (Option: Click L hand in front of eyes or tip hat)

5,6,7,8

Step R to R side, cross L behind R, step R to R side, touch L together

### Step Out with Hip Bump, Hip Bump, Hip Bump, Hip Bump with Flick Behind, Vine Left, Touch Together

1,2 Step/ rock L out to L side as you bump hips to L, bump hips to R

3,4 Bump hips to L, bump hips to R as you flick L up/behind

5,6,7,8 Step L to L side, cross R behind L, step L to L side, touch R together

#### Heel Struts Forward x4

1,2,3,4 Touch R heel fwd, lower toes to floor, touch L heel fwd, lower toes to floor 5,6,7,8 Touch R heel fwd, lower toes to floor, touch L heel fwd, lower toes to floor

(Option: Funk it up- Slightly bend knees when you lower toes)

## Double Heel Forward, Double Toe Back, ¼ Turning V-Step

1,2 Touch R heel fwd, touch R heel fwd3,4 Tap R toe back, tap R toe back

5,6, Step R fwd into R diagonal, step L fwd into L diagonal

7,8 Turn ½ R stepping R back (1:30), turn 1/8 R stepping L together (3:00)

(Option: On count 8; jump together as you clap hands together)

## NO TAGS. NO RESTARTS. YOU'RE WELCOME!

Ending: Once you have completed your final V-Step to face 6:00; make a further ½ turn to 12:00, jumping feet apart as you throw both hands up in the air!

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