



Dance: **Prairie Strut**
 Type: 48 Count, 4 Wall, Beginner / Intermediate
 Choreographer: Hedy McAdams
 Choreographed to: I Am A Simple Man by Ricky Van Shelton (118 bpm, 3:25 min)

Intro: Start after count 16

Section 1 (Toe Strut, Heel Bounce x 2) x 2

1,2	Step right toe forward. Lower right heel	Toe strut
3,4	Bounce right heel. Bounce right heel	Bounce, bounce
5,6	Step left toe forward. Lower left heel	Toe strut
7,8	Bounce left heel. Bounce left heel	Bounce, bounce

Section 2 Toe Strut x 4

1,2	Step right toe forward. Lower right heel	Toe strut
3,4	Step left toe forward. Lower left heel	Toe strut
5,6	Step right toe forward. Lower right heel	Toe strut
7,8	Step left toe forward. Lower left heel	Toe strut

Section 3 Modified Cross Rock x 2, Vine Right Scuff

1,2	Cross rock right over left lifting left. Recover on left lifting right	Cross rock
3,4	Cross rock right over left lifting left. Recover on left lifting right	Cross rock
5,6	Step right to right side. Cross left behind right	Side, behind
7,8	Step right to right side. Scuff left	Side, scuff

Section 4 Modified Cross Rock x 2, Chasse 1/4 Left, Scuff

1,2	Cross rock left over right lifting right. Recover on right lifting left	Cross rock
3,4	Cross rock left over right lifting right. Recover on right lifting left	Cross rock
5,6	Step left to left side. Step right beside left	Side, close
7,8	Step left 1/4 turn left (9:00). Scuff right	Turn, scuff

Section 5 (Step, 1/4 Scuff, Step, Scuff) x 2

1,2	Step right forward. Scuff left making 1/4 turn left (6:00)	Step, scuff
3,4	Step left forward. Scuff right	Step, scuff
5,6	Step right forward. Scuff left making 1/4 turn left (3:00)	Step, scuff
7,8	Step left forward. Scuff right	Step, scuff

Section 6 (Step Slide Step, Scuff) x 2

1,2	Step right forward. Slide left beside right	Step, slide
3,4	Step right forward. Scuff left	Step, scuff
5,6	Step left forward. Slide right beside left	Step, slide
7,8	Step left forward. Scuff right	Step, scuff