

# Strong & Sweet

Count: 36

Wand: 2

Ebene: Improver

Choreograf/in: Ann-Jeanett Ramsvatn (DK) - July 2021

Musik: Honey Jack - Madeline Merlo



**Intro: 16 Counts after She says "Here We Go".**

## Section 1: Out Out, Swivel, Coaster Step, Prissy Walks

- 1-2 Step out on R, Step out on L
- 3&4 Swivel both feet in (heel toe heel)
- 5&6 Step back on L, Step R beside L, Step fwd on L
- 7-8 Step R fwd crossed over L, Step L fwd crossed over R

**Restart wall 3**

## Section 2: Heel Hook Heel, Hitch, Back Hitch x2, Coaster Step, Mambo ¼ Turn.

- 1&2& R heel fwd, Hook R over L, R heel fwd, Hitch R knee
- 3&4& Step back on R, Hitch L Knee, Step back on L, Hitch R knee
- 5&6 Step back on R, Step L beside R, Step fwd on R
- 7&8 Rock fwd on L, Recover on R, ¼ turn L as you step L to L side

## Section 3: Vaudeville x 2, Cross, Side, Behind Side Cross

- 1&2& Cross R over L, Step L to L side, R heel diagonal, Step R beside L
- 3&4& Cross L over R, Step R to R side, L heel diagonal, Step L beside R
- 5-6 Cross R over L, Step L to L side
- 7&8 Step R behind L, Step L to L Side, Cross R over L

## Section 4: Point & Point, Point Hitch Point, Sailor ¼ turn, Ball Step, Scuff Hitch.

- 1&2& point L to L side, step L beside R, Point R to R side, Step R beside L
- 3&4 Point L to L side, Hitch L knee, Point L to L side
- 5&6 Turn ¼ turn L stepping back on L, step R beside L, Step fwd on L
- &7-8 Step R beside L, Step fwd on R, Scuff R and hitch R knee

**Restart wall 4**

## Section 5: Rocking Chair

- 1-4 Rock fwd on R, Recover on L, Rock back on R, Recover on L

**TAG: At the end of walls 1 & 6 . Out Out, In In**

- 1&2& Step out on R, Step out on L, Step back in place on R, Step back in place on L
- 3&4& Step out on R, Step out on L, Step back in place on R, Step back in place on L

**RESTART: wall 3 after Prissy walks & wall 4 after Scuff hitch (don't do the Rocking chair)**

**ENDING: After Sailor ¼ turn, do step ½ turn L (step fwd on R, turn ½ turn L)**

**HAVE FUN!**

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**Last Update - 1 September 2021**