

The Strong One

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Hilary Gatehouse (CAN)

Musik: The Strong One - Kelita



STRUTS FORWARD

- 1-2 Step right heel forward, drop right toes
3-4 Step left heel forward, drop left toes

SHUFFLES FORWARD

- 5&6 Shuffle forward: right, left, right
7&8 Shuffle forward: left, right, left

ROCK-STEPS

- 9-10 Rock forward on right foot, step in place on left foot
11-12 Rock back on right foot, step in place on left foot

ROCK-STEP, ½ TURN, STEP FORWARD

- 13-14 Rock forward on right foot, step in place on left foot
15-16 Step back ½ turning to the right onto the right foot (use ball of left foot to help you pivot), step forward on left foot

STEP FORWARD, ½ TURN; STEP FORWARD, ¾ TURN

- 17-18 Step forward on right foot, step ½ turn to the left on left foot
19-20 Step forward on right foot, step ¾ turn to the left on left foot

SIDE SHUFFLE RIGHT, ROCK-STEP

- 21&22 Side shuffle to the right: right, left, right
23-24 Rock back on left, step in place on right

SIDE SHUFFLE TO THE LEFT, ROCK-STEP

- 25&26 Side shuffle to the left: left, right, left
27-28 Rock back on right, step in place on left

STEP FORWARD, ½ TURN; STEP FORWARD, ½ TURN

- 29-30 Step forward on right foot, step ½ turn to the left on left foot
31-32 Step forward on right foot, step ½ turn to the left on left foot

REPEAT
