	So Str	Sing			
Co	unt: 40	Wand: 4	Ebene: High Improver / Easy Intermediate		
Choreogra	if/in: Martie Pa	pendorf (SA) - July 2013	3		
Mu	isik: Feel So S	Strong - PJ Powers & Hip	Hop Pantsula : (Album: Jabulani - 3:40)		
Intro. : 16 co	ounts from 1st	"heavy" beat [+/- 21 sec.], Start on vocals: "Yesterday".		
			d, Hitch ¼ left, Cross, Rock, Recover, Fwd		
1,2	Step R fwd, Lock L behind R, Step R in place, Reck L fwd, Receiver heek ente R. Reck L heek, Receiver fwd ente R				
&3&4&	•	Step R in place, Rock L fwd, Recover back onto R, Rock L back, Recover fwd onto R,			
5,6 Step L fwd, Make a ¼ turn left rising on ball of L hitching R across body,[9.00] [Optional arms for count 6: L elbow to R knee]					
7&8&		-	e, Recover R to right side, Step L fwd [9.00]		
	e during wall 3,		o, i toooroi i t to light oldo, otop 2 ind [oloo]		
-		s, Full triple turn right, M			
1,2	•		oping L to left side, [6.00]		
3&4&	•	ross L, Step L back maki p L fwd making a ¼ turn	ing a ¼ turn right [9.00], Step R fwd making right,[6.00]	a ½ turn right	
5&6	Rock R fw	d, Recover L back, Step	R next to L,		
7&8	Rock L ba	ck, Recover R fwd, Step	L next to R [6.00]		
	· •		ack, Step, Walk fwd R, L, Coaster step		
&1,2	-		R fwd making a ½ turn right, [12.00]		
3&4	•		[6.00], Lock R across L, Step L back,		
&5,6	•	xt to L, Walk back L, R,			
7&8	Step L ba	ck, Step R next to L, Step	5 L twd [6.00]		
#4: Step, Cr rocking chai		ether, Cross, Side, Behii	nd, Side, Cross, Side, Touch, Side, Step, S	yncopated	
&1&2	Step R in	place, Step L across R, S	Step R slightly to right side, Step L next to F	R,	
&3&4&	•	-	e, Cross R behind L, Step L to left side, Step		
5&6&	Step L to I R,	eft side [slightly fwd], To	uch R to L, Step R to right side [slightly fwd]], Step L next to	
7&8&	Rock R fw	d, Recover L back, Rock	k R back, Recover L fwd [6.00]		
#5: Fwd, Dra Fwd ¼ left	aw, Fwd, Draw	, Cross, Back ¼ right, Si	de, Fwd, Step, Hitch, Back, Behind, Side ¼	left, Cross,	
1&	Step R bo	Idly to right diagonal mov	/ing left shoulder fwd, Draw L from back pas	ssing R,	
2&	Step L bol	dly to left diagonal movir	ng right shoulder fwd, Draw R from back pa	ssing L,	
3&	•	ross L, Step L back maki	ing a ¼ turn right [9.00],		
4&	•	right side, Step L fwd,			
5&6	•	d, Hitch L knee lifting R h			
7&8&		ehind L, Step L to left sic ¼ turn left [3.00]	le making a ¼ turn left [6.00], Step R acros	s L, Step L fwd	
Restart: afte	er section 1 du	ing wall 3, facing 3.00.			

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