

Strong Sweet & Southern

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Judy Bell (USA) - January 2017

Music: Strong Sweet & Southern - Hayley Orrantia : (Album: Strong Sweet & Southern - Single - iTunes - 3:20)



Counter Clockwise, 1 Restart,

INTRO: □ 16 Count Intro – starts on lyrics “Mamma”, weight on left

[1 – 8] □ □ ROCK FWD, RECOVER, STEP, LOCK, STEP, ROCK BACK, RECOVER, STEP, LOCK, STEP □

1, 2, 3&4 Rock forward on R, recover weight on L, step R behind L, lock/step L in front of R, step R back

5, 6, 7&8 # □ Rock back on L, recover weight on R, step L in front of R, lock/step R behind L, step L forward □ -12:00

[9 – 16] □ □ CROSS SAMBA, CROSS SAMBA, ROCK FWD, RECOVER, COASTER STEP □

1&2, 3&4 Cross/step R over L, step L to side, step R slightly forward, cross/step L over R, step R to side, step L slightly forward

5, 6, 7&8 Rock forward R, recover weight back onto L, step back on R, step L beside R, step R forward □ -12:00

[17 - 24] □ □ ROCK SIDE, RECOVER, BEHIND, SIDE, CROSS, ROCK SIDE, ¼ TURN, RECOVER, SHUFFLE FWD □

1, 2, 3&4 Rock step L to left side, recover R, step L behind R, step R to side, step/cross L over R,

5, 6, 7&8 Rock R to right side, turn ¼ left recover L, shuffle forward: R, L, R □ -9:00

[5 – 32] □ □ ROCK FWD, RECOVER, ½ TURN SHUFFLE FWD, ROCK FWD, RECOVER, ½ TURN SHUFFLE FWD □

1, 2, 3&4 Rock forward L, recover weight R, ½ turn left, shuffle forward: L, R, L

5, 6, 7&8 Rock forward R, recover weight L, ½ turn R, shuffle forward: R, L, R □ -9:00

[33 - 40] □ □ WEAVE ACROSS, SIDE, BEHIND, SIDE, HEEL, TOG, CROSS ROCK, RECOVER, SIDE SHUFFLE □

1, 2, 3&4 Cross L over R, step R to right side, step L behind R, step R to right side, L heel

&5, 6, 7&8 * □ Step L beside R, Cross rock R over L, recover weight on L, side shuffle: R, L, R □ -9:00

[41 – 48] □ □ ROCK FWD, RECOVER, ROCK SIDE, RECOVER, COASTER STEP, HIP, HIP □

1, 2, 3&4 Rock forward on L, recover weight on R, rock side on L, recover weight on R, step back on R

5, 6, 7, 8 step L beside R, step R forward, Sway hips R, L □ -9:00

[48] □ □ REPEAT DANCE IN NEW DIRECTION □

RESTART □ * □ Start Wall 2 facing 9:00 dance to count 40, Add step L beside R (change of weight) and Restart □ -6:00

FINISH □ # □ Start Wall 7 facing 6:00 dance 8 counts add □

[9 - 16] □ □ CROSS SAMBA, CROSS SAMBA, ROCK FWD, RECOVER, ½ TURN SHUFFLE □

1&2, 3&4 Cross/step R over L, step L to side, step R slightly forward, cross/step L over R, step R to side, step L slightly forward

5, 6, 7&8 Rock forward R, recover weight back on L, ½ turn right shuffle forward: R, L, R □ -12:00

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Dance On!!

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