

# The Strong One

**COPPER** KNOB  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Hilary Gatehouse (CAN)

Musique: 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

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