

So Strong

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ellie Hendriks (NL) - February 2015
音乐: Strong - London Grammar



Intro: 32 counts from main instrumental

R Step Fwd with sweep, L cross, R side, L Back with sweep, R Behind, L Side, cross, L side rock, Weave R.

1 2& Step Fwd on R Sweeping L from back to front, Cross L over R, Step R to right side.
3 4& Step L back sweeping R from front to back, Step R behind L, Step L to left side.
5 6& Cross R over L, Rock L to left side, Recover on R,
7&8& Cross L over R, Step R to Right side, step L behind R, Step R to Right side. (12.00).

R Back, L side, Cross shuffle, Prissy walk Fwd 2x, Pivot ½ Turn R.

1 2 3 Cross L over R ,Step R Back, Step L to left side,
4&5 Cross R over L, Step L to left side, Cross R over L.
6 7 Walk slightly crossed Fwd L-R.
8& Step Fwd on L, Pivot ½ Turn R(6.00)

L Step Fwd with sweep, R cross, L side, R Back with sweep, L Behind, R Side, cross, R side rock, Weave L.

1 2& Step Fwd on L Sweeping R from back to front, Cross R over L, Step L to left side.
3 4& Step R back sweeping L from front to back, Step L behind R, Step R to right side.
5 6& Cross L over R, Rock R to right side, Recover on L,
7&8& Cross R over L, Step L to left side, step R behind L, Step L to Left side. (6.00).

L Back, R side, Cross shuffle, Prissy walk Fwd 2x, Pivot ½ Turn L.

1 2 3 Cross R over L ,Step L Back, Step R to right side,
4&5 Cross L over R, Step R to right side, Cross L over R.
6 7 Walk slightly crossed Fwd R-L.
8& Step Fwd on R, Pivot ½ Turn L(12.00)

R Cross Rock, R side, Cross Rock, L ¼ turn L, Step Fwd, Pivot ½ Turn L, Step Fwd R, Full turn R.

1 2& Cross Rock R over L , Recover on L, Step R to right side,
3 4& Cross Rock L over R, Recover on R, ¼ Turn Left step Fwd on L,(9.00)
5 6 7 Step R Fwd, Pivot ½ Turn L, Step R Fwd,
8& ½ Turn Right step back on L, ½ Turn Right step Fwd on R(Option: 2 runs Fwd L-R)(9.00)

Step Fwd L, R Touch, R Side Rock Cross, L Back, ½ Turn R, Step Fwd R, Step Fwd L, Back lock step .

1 2 Step L Fwd, Touch R Next to L,
3&4 Rock R to right side, recover on L, Cross R over left,
5 6 7 Step L back , ½ turn Right Step Fwd on R, Step Fwd on L,
8&1 Step back on R, Lock L over R, Step back on R(9.00)

Step L ¼ L side, ¼ R Fwd , Shuffle ½ R ,step, ¼ R side rock, Sway ,Sway, step, L side, Sway, Sway, step

2 3 Rock ¼ L to L side, Recover on R turning ¼ R Fwd,
4&5 Turn ¼ R stepping to L to L side, step R next to L, Turn ¼ L stepping back on L.
6 7 Rock R out ¼ to the right side , recover on L,
8&1 Sway R , sway L, Step R next L.6.00)

Step L , Sway, Sway, step, Step L Fwd, Full turn R, Step Back, Coaster step.

2 Step L to left side.
3&4 Sway R, Sway L, Step R next L.

5 6 7 Step L Fwd , Pivot ½ turn R (weight on R) Turn another ½ Turn R, Step back on L.
8& Step Back on R, Step L Next to R,

START AGAIN... and ENJOY!

Contact: elliehendriks1103@hotmail.com - Website:www.The-stars.nl
