

Stronger

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wendy Loh (MY) - October 2015
音乐: Stronger - Kelly Clarkson



Intro : starts immediately from beginning of music

INTRO & ENDING (12:00)

1-4 Stand with feet apart, slowly raise R Hand from side to above head
5-8 Lower hand to chest with fist in hand

1-8 Repeat movement for Left Hand

Section 1 : Walk RL, Forward Shuffle, Rock Recover, L Back Coaster

1,2 Step RF forward, Step LF forward
3&4 Forward Shuffle RF, LF, RF
5,6 Rock LF forward, Recover on RF
7&8 Step LF back, Step RF together, Step LF forward (12:00)

Section 2 : R Cross, Step, R Sailor Step, L Cross, Step, ¼ R Sailor Step

1,2 Cross RF over LF, Step LF to side
3&4 Step RF behind LF, Step LF together, Step RF to side
5,6 Cross LF over RF, Step RF to side
7&8 Turn ¼ L & Step LF back, Step RF together, Step LF forward (9:00)

Section 3 : Touch RF Forward then Back, Tap RF forward twice, Touch back, ½ R, L Step, R Brush

1,2 Touch RF forward, Touch LF back
3,4 Tap RF forward twice
5,6 Touch RF back, Turn ½ R & Step RF in place (3:00)
7,8 Step LF forward, Brush RF beside LF

Section 4 : Touch, ¼ R, R Back Coaster, L Touch Forward then Side, L Back Coaster

1,2 Touch RF beside LF, Turn ¼ R weight on LF (6:00)
3&4 Step RF back, Step LF together, Step RF forward
5,6 Touch LF forward, Touch LF to side
7&8 Step LF back, Step RF together, Step LF forward

Section 5 : Zig Zag Step Forward & Jump, Zig Zag Step Back, & Jump

1,2 Step RF diagonally forward, Jump with both feet together
3,4 Step LF diagonally forward, Jump with both feet together
5,6 Step RF diagonally back, Jump with both feet together
7,8 Step LF diagonally back, Jump with both feet together (6:00)

Section 6 : Lock Step, Forward Shuffle to Diagonally R then L

1,2 Step RF diagonally forward, Lock LF behind RF
3&4 Diagonally Forward shuffle RF, LF, RF
5,6 Step LF diagonally forward, Lock RF behind LF
7&8 Diagonally Forward shuffle LF, RF, LF (6:00)

Section 7 : R Forward, Pivot 1/2L, R Forward Shuffle, Step Touch x2

1,2 Step RF forward, Turn ½ L weight on LF (12:00)
3&4 Forward Shuffle RF, LF, RF
5,6 Step LF to side, Touch RF beside LF

7,8 Step RF to side, Touch LF beside RF

Section 8 : Ball Step, Side, Ball Step, Cross, ½ L Unwind, Jazz Box

&1,2 Step LF to side, Step RF to side, Hold

&3,4 Step LF beside RF, Cross RF over LF, Turn ½ L weight end on LF (6:00)

5,6 Cross RF over LF, Step LF back

7,8 Step RF to side, Step LF together

TAG : End of Wall 1 (Facing 6:00)

Rocking Chair

1,2 Rock RF forward Recover on LF

3,4 Rock LF back, Recover on LF
