

Strong Is The Man

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Newcomer - Rise & Fall
编舞者: Miguel Sastre (ES) - November 2016
音乐: Strong Is the Man - The Murphys



Start on Lyrics or 24 Counts

S1: Twinkle L , Twinkle ¼ Turn R to R

1,2,3 LF Cross Step Diagonal R , RF Step Side, LF Step Fwd Diagonal L
4,5,6 RF Cross Step Diagonal L , LF Step Side, RF ¼ turn Step Fwd

S2: Basic Waltz Fwd & Back

1,2,3 LF Step Fwd , RF Step near LF , LF Step in place
4,5,6 RF Step Back, LF Step near RF, RF Step in place

S3: Basic Waltz ½ turn to L , Basic Waltz Back

1,2,3 1/8 turn LF Step Fwd, ¼ turn RF Diagonal Step back, 1/8 turn Lf Step Back
4,5,6 RF Step Back, LF, Lf Step near RF, RF Step in place

S4: Step Fwd , Point R , Hold , Step Back , Cross Touch , Hold

1,2,3 LF Step Fwd, RF Point Side, Hold
4,5,6 RF Step Back, LF Touch Cross Fwd RF, Hold

S5: Step Fwd , Hich , Kick , Step Back , Point Back Diagonal L , Hold

1,2,3 LF Step Fwd , RF Hich & Kick Diagonal R
4,5,6 RF Step Back , LF Point Back Diagonal L , Hold

S6: Step L & R Fwd , ¼ Turn to L , Wave to L

1,2,3 LF Step Fwd , RF Step Fwd , ¼ turn to L With LF Step in place
4,5,6 RF Cross Step over LF , LF Step Side , RF Behind Step To L

S7: Step Side To L , Touch , Hold , ½ Step Point to R , Hold

1,2,3 LF Step Side , RF Touch Together LF , Hold
4,5,6 ¼ turn RF Step Fwd , ¼ turn LF Point Side , Hold

S8: ½ Step Point to L , Hold , Step Back , Point , Hold

1,2,3 ¼ turn LF Step Fwd , ¼ Turn to RF Point Side, Hold
4,5,6 RF Step Back Diagonal L , LF Point Back Diagonal , Hold

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