

Strongest

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cahaya Mega (INA) - January 2018
音乐: Strongest - Ina Wroldsen



S1: FORWARD, LOCK SHUFFLE, SAMBA CROSS, CROSS, RECOVER, ¼ TURN L FORWARD, FULL TURN

1 Step R forward
2 & 3 Step L forward, Step R behind L, Step L forward
4 & 5 Cross R over L, Step L to left side, Recover on R
6 & 7 Rock cross L over R, Recover on R, ¼ turn L step L forward
8 & 1 ½ turn L step back on R, ½ turn L step L forward, Step R forward

(Option : Step R forward, Step L beside R, Step R forward)

S2: MAMBO, COASTER CROSS, SIDE, RECOVER, CROSS, SIDE, TOE TOUCH, SIDE TOE TOUCH

2 & 3 Rock L forward, recover on R, Step back on L
4 & 5 Step back on R, Step L beside R, Cross R over L
6 & 7 Step L to left side, Recover on R, Cross L over R
8 & 1 Step R to right side, Touch L toe beside R, Touch L toe to left side

Restart on wall 4 & 8 after 16 counts. In section II count 8& do Step R to right side and then close L.

S3: SAILOR SWEEP, BACK, SIDE TOE TOUCH, SAILOR SWEEP, MAMBO

2 & 3 Sweep from front to back Cross L behind R, Step R to right side, Recover on L
4 – 5 Step back on R, Touch L toe to left side
6 & 7 Sweep from front to back Cross L behind R, Step R to right side, Recover on L
8 & 1 Rock R forward, Recover on L, Step back on R

S4: LOCK SHUFFLE BACK, LOCK SHUFFLE BACK, TOE TOUCH, ½ TURN, ½ TURN BACK, CLOSE

2 & 3 Step back on L, Cross R over L, Step back on L
4 & 5 Step back on R, Cross L over R, Step back on R
6 – 7 Touch L toe backward, ½ turn L (weight on L)
8 & ½ turn L step back on R, Step L beside R

Enjoy the dance !!

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