

Not Strong Enough

拍数: 68 墙数: 4 级数: Easy Intermediate
编舞者: Robert Lindsay (UK) - April 2019
音乐: I'm Not Strong Enough to Say No - BlackHawk



[1-8] Side, Together, Chasse Right, Step ½ Turn Left, Touch Right Across, Step Right, Touch Left Across

1-2 Step right to right. Step left beside right.
3&4 Step right to right. Step left beside right. Step right to right side.
5-6 Turning ½ turn right, step left to left side. Touch right across in front of left.
7-8 Step right to right side. Touch left across in front of right.

[9-16] Side Left, Right Behind, & Left, Right Cross, Side Left, Rock Back Right, Recover, Right Kick, Ball Cross

1-2 Step left to left. Step right behind left.
&3-4 Step left to left. Step right over left. Step left to left side.
5-6 Rock back on right behind left. Recover weight onto left.
7&8 Kick right foot diagonally forward right. Step down onto right. Step left across in front of right.

[17-24] ¼ Monterey Turn Right, Sweep Left, Hook Left, Left, Lock, Left Lock Left

1-2 Point right to right side. Turn ¼ turn right, taking the weight on right.
3-4 Sweep left from back to front of right and hook left in front of right.
5-6 Step forward on left. Lock right behind left.
7&8 Step forward on left. Lock right behind left. Step forward on left.

[25-32] Step Right Forward, Pivot ½ Turn Left, Step Forward Right, Pivot ¼ Turn Left, Cross, Back, Coaster Step

1-2 Step right forward. Pivot ½ turn left.
3-4 Step right forward. Pivot ¼ turn left.
5-6 Step right over left, Step back onto left.
7&8 Step back onto right. Step left beside right. Step forward onto right.

[33-40] Rock Forward Left, Recover, ¾ Turn Left, stepping (L, R, L), Rock forward Right, Recover Right, Behind, Side, Cross

1-2 Rock forward onto left. Recover the weight back onto right.
3&4 Turning ¾ turn left, triple step left, right, left
5-6 Rock forward onto right. Recover weight back onto left.
7&8 Sweeping from front to back, sweep right behind left. Step left to left side. Step right over in front of left

[41-48] Step Dip Point, Dip, Kick Ball Cross, Step Left, Cross Shuffle

1-3 Step left to left side. Dip from right to left. Point right toe to right side. Take weight onto right.
4&5 Kick left foot forward. Step down on left. Step right over in front of left.
6 Step left to left side.
7&8 Cross right over in front of left. Step left beside right. Cross right over in front of left.

[49-56] Side Rock, Recover, ¼ Turn Sailor Step, ½ Turn Pivot. Full Turn

1-2 Rock left to left side. Recover weight onto right.
3&4 Turning ¼ turn left, step left behind right. Step right beside left. Step left beside right.
5-6 Step forward onto right. Pivot ½ turn left.
7-8 Turning ½ turn left, step back onto right. Turning ½ turn left, step forward onto left.

[57-64] Touch, Turn ¼ Kick, Coaster Cross, Step Touch (L & R)

1-2 Touch right foot to left foot. Turning ¼ turn right, kick right foot forward.

3&4 Step back onto right. Step left beside right. Cross step right over left.

*** RESTART DURING WALL 5 - SEE NOTE**

5-8 Step forward diagonally left. Touch right beside left. Step forward diagonally right. Touch left beside right

[65-68] Forward Rock, Recover, Behind & Step Forward

1-2 Rock forward onto left. Recover weight onto right

3&4 Step left behind right. Step right to right side. Step forward on left.

RESTART:-

Wall 5 (starts at front wall) – Section 8

1-2 Touch right foot to left foot. Turning ¼ turn right, kick right foot forward.

3&4 Step back onto right. Step left beside right. Touch right beside left. RESTART THE DANCE!
(9.00)

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