

Tough

拍数: 32 墙数: 2 级数: Improver
编舞者: Hiroko Carlsson (AUS) - April 2019
音乐: Tough (feat. Noah Kahan) - Quinn XCII : (iTunes)



(16 count intro)

[S1] Fwd-Heel Twist RL, Step-Pivot 1/2L, Fwd, Fwd

1&2 Step forward on R, Twist both heels to right, Recover heels to the centre
3&4 Step forward on L, Twist both heels left, Recover heels to the centre weight ends on L
5 6 Step forward on R, Make a ½ turn left recover weight on L (6:00)
7 8 Step forward on R, Step forward on L

[S2] Side-Mambo RL, Step-Pivot 1/4L, Cross, Side

1&2 Rock/step R to right, Recover weight on L, Step R together
3&4 Rock/step L to left, Recover weight on R, Step L together
5 6 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
7 8 Cross R over L, Step L to left**

[S3] Behind w/Sweep, Behind-Side-Cross Rock, Side w/ 1/4R Sweep, Coaster Step

1 2 Step R behind L, Sweeping L around R
3&4& Step L behind R, Step R to side, Rock/cross L over R, Recover weight on L
5 6 Step L to side, Make a ¼ turn right on ball of left foot sweeping R around L (6:00)
7&8 Step back on R, Step L next to R, Step forward on R

[S4] Dorothy Step LR, Step-Pivot 1/4R, Coaster Step

1 2& Step diagonally forward on L, Lock/step R behind L, Step diagonally forward on L
3 4& Step diagonally forward on R, Lock/step L behind R, Step diagonally forward on R
5 6 Step forward on L, Make a ¼ turn right recover weight on R (3:00)
7&8 Step back on L, Step R next to L, Step forward on L

Repeat

Restart: Wall 2 count 16 (12:00) and Wall 6 count 16** (6:00)**

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 17/Apr/19)