

Strong Enough

拍数: 32 墙数: 4 级数: Improver
编舞者: Eddie Morrison (SCO) - September 2019
音乐: Strong Enough - Alan Jackson



#16 count intro (No Tags No Restarts)

Alternative Tracks:

California Dreamin by The Mamas and The Papas: Start on the word brown

Outskirts by Montgomery Gentry: 16 count intro

Section 1: Side behind & cross point, right sailor step, step 1/2 turn left, point right to the side.

- 1-2 Step right to the side, step left behind right.
- &3-4 Step down on right, cross left over right, point right out to the side.
- 5&6 Sweep right behind left, step left to the side, step right to the side.
- 7-8 Step back on left, making 1/2 turn left, point right to the side.

Section 2: Unwind 1/2 turn right, point left to the side., left sailor step, cross rock recover, chasse 1/4 turn.

- 1-2 Step right behind left unwinding a 1/2 turn right, point left to the side.
- 3&4 Sweep left behind right, step right to the side, step left to the side.
- 5-6 Rock right over left, recover on left.
- 7&8 Step right to the side, step left beside right, step 1/4 turn right stepping forward on right.

Section 3: Hitch 1/4 turn right, chasse left, back rock recover, kick ball cross, side behind

- &1&2 Hitch left leg making a 1/4 turn right, step left to the side, step right beside left, step left to the side.
- 3-4 Rock back on right, recover on left,
- 5&6 Kick right forward, step down on right, cross left over right.
- 7-8 Step right to the side, step left behind right.

Section 4: Cross rock recover, chasse 1/4 turn left, skate right skate left, sway right sway left.

- &1-2 Step down on right, cross left over right, recover on right.
- 3&4 Step left to the side, step right beside left, step 1/4 turn left, stepping forward on left.
- 5-6 Skate forward on right, skate forward left.
- 7-8 Sway hips to the right, sway hips to the left.