

# The Strong

拍数: 32      墙数: 4      级数: Intermediate NC2S style  
编舞者: Hanna Pitkanen (FIN) - 17 December 2022  
音乐: The Strong - Eva Under Fire



**Intro: 16 counts - No tags, no restarts**

**[1-8]: NC2 basic R, side, cross rock, ¼ right to serpiente, R back rock**

1,2&      Step R to right side (1), step L next to/slightly behind R (2), cross R over L (&)  
3,4&      Step L to left side (3), rock R over L (4), recover weight to L (&)  
5          Make ¼ turn right stepping R forward as you sweep L from back to front (5) 3:00  
6&      Cross L over R (6), step R to right side (&)  
7          Step L behind R as you sweep R from front to back (7)  
8&      Rock back R (8), recover L (&)

**[9-16] R forward rock, ½ turn right x 3, L forward rock, run around 1 ¼, sway L, sway R**

1&      Rock R forward (1), recover weight to L (&),  
2&3      Make ½ turn right stepping R forward (2), make ½ turn right stepping L back (&)  
3          Make ½ turn right stepping R forward (3) 9:00  
4&      Rock L forward (4), recover weight to R (&)  
5&6,7    Make ½ turn left stepping L forward (5), make ¼ turn left stepping R forward (&), make ¼ turn left stepping L forward (6), make ¼ turn left stepping R to ride side (7) 6:00  
8&      Sway left (8), sway right (&)

**[17-24] NC2 basic L, NC2 basic R, side, cross, side rock, ¼ right, step fwd**

1,2&      Step L to left side (1), step R next to/slightly behind L (2), cross L over R (&)  
3,4&      Step R to right side (3), step L next to/slightly behind R (4), cross R over L (&)  
5,6      Step L to left side (5), cross R over L (6)  
7&8      Rock L to side (7), make 1/4 turn right as you recover to R (&), step L forward (8)

**[25-32] ½ turn left x2, step, lock step, step with a sweep, cross, side, rock, ¼ turn, ½ turn, step fwd**

1&      Make ½ turn left stepping R back (1), make ½ turn left stepping L forward (&)  
2&      Step R forward (2), lock L behind R (&)  
3          Step R forward as you sweep L from back to front (3)  
4&5      Cross L over R (4), step R to right side (&), rock back L (5)  
6&7      Recover weight to R (6), make ¼ turn right stepping L back (&), make ½ turn right stepping R forward (7)  
8          Step L forward  
&          make ¼ left to start the next wall

**START AGAIN - Have fun dancing!**

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