

# Stroganoff

拍数: 64      墙数: 4      级数:  
编舞者: Tracey McIntosh (UK)  
音乐: Strong Enough - Cher



When I wrote this dance, I mentioned it to another member of a class I attend, and she misheard me; I said "Strong Enough" and she said "Stroganoff", to which I laughed, and the name has stuck. Sorry Cher!

## SHUFFLE, KICK TWICE, COASTER STEP, PIVOT ½ TURN

1&2            Step forward right, step left beside right, step forward right  
3-4            Kick left leg forward twice  
5&6            Step back left, step back right, step forward left  
7-8            Step forward right, pivot ½ turn left

## WALK STEPS, ROCK STEPS, ¼ TURN, VAUDEVILLE JACK

9-10           Walk forward right, walk forward left  
11&            Rock forward right, rock back left  
12&            Rock back right, rock forward left  
13-14          Step forward right, pivot ¼ turn left  
15&            Cross right over left, step left to left side  
16&            Touch right heel diagonally forward, step right beside left

## PIVOT ½ TURN SHUFFLE, ROCK STEP, REVERSE PIVOT

17-18          Step forward left, pivot ½ turn right  
19-20          Step forward left, step right beside left, step forward left  
21-22          Rock forward right, rock back left  
23-24          Step back right, on ball of right, pivot ½ turn right and step back left

## LOCK STEP, ROCK STEP, SCUFF, HEEL BOUNCES

25&26          Lock right over left, step back left, lock right over left  
27&28          Rock back diagonally left, step right in place, scuff left forward  
29              Cross left over right  
&30              Keeping feet crossed, raise and lower heels  
&31&32          Raise and lower heels twice

## ROCK STEP, SAILOR STEP ¼ TURN, CROSS, UNWIND, CROSS STEP, TOUCH

33-34          Rock right to right side, step left in place  
35&              Cross right behind left, step left to side  
36              On ball of left, pivot ¼ turn left and step right to right side  
37-38          Cross left behind right, unwind ½ turn  
39-40          Cross right over left, touch left to diagonally forward left

## WEAVE, CROSS ROCK, KNEE POPS

41-42          Cross left behind, step right to right side  
43&              Cross left over right, step right to side  
44&              Cross left behind right, step right to side  
45&46          Cross left over right, step right in place, step left to left side  
47-48          Pop right knee in to meet left shin, pop left knee in to meet right shin

## SAILOR STEPS, FULL TURN, SAILOR STEP

49&50          Step left behind right, step right to right side, step left to left side  
51&52          Step right behind left, step left to left side, step right to right side

53 On ball of right, pivot  $\frac{1}{2}$  turn left and step forward left  
54 On ball of left, pivot  $\frac{1}{2}$  turn left and step back on right  
55&56 Step left behind right, step right to right side, step left to left side

**$\frac{1}{2}$  TURN STEPS, SHUFFLE, STEP  $\frac{1}{2}$  TURN, SHUFFLE**

57 On ball of left, pivot  $\frac{1}{4}$  turn right and step forward right  
58 On ball of right, pivot  $\frac{1}{2}$  turn left and step forward left  
59 On ball of left, pivot  $\frac{1}{2}$  turn right and step forward right  
&60 Step left beside right, step forward right  
61-62 Step forward left, pivot  $\frac{1}{2}$  turn right  
63&64 Step forward left, step right beside left, step forward left

**REPEAT**

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