

# Strong

拍数: 64      墙数: 2      级数:  
编舞者: Lisa Foord (AUS) & Susan Byrne (AUS)  
音乐: Strong Enough - Cher



To start the dance, wait through the 32 count intro ending with "was she worth it", then a pause. Scoot back on the word "strong"

&1-2      Scoot back on left, step back right-left  
3-4      Touch right toe back, turn ½ turn right onto right  
5&6      Touch left to left side, step left beside right, touch right to right side  
&7&8      Step right beside left, touch left heel forward, step left beside right, step forward on right

1&2      Scuff left forward, step left to left side, step right to right side  
3-4      Hold, click fingers at ear level  
5-6      Keep feet apart bend knees & turn ¼ turn left, straighten knees with ball of left raised  
7-8      Bend knees & turn ½ turn right, straighten knees with ball of right raised

1-2      Rock/step right forward, replace weight onto left  
3&4      Turn ½ turn right & shuffle forward right-left-right  
5-6      Rock/step left to left side, replace weight onto right  
7&8      Cross left over right, step right to right side, cross left behind right

1-2      Rock/step right to right side, replace weight onto left  
3&4      Cross right behind left, step left to left side, cross right over left  
5-6      Step left to left side, cross right behind left  
&7      Turn ¼ turn left & step forward on left, scuff right forward  
8      Turn ½ turn left swiveling on left (right leg in the air)

1-2      Walk forward right-left  
3&4      Shuffle forward right-left-right  
5-6      Rock/step left forward, replace weight onto right  
7&8      Turn ½ turn left shuffle forward left-right-left

**Next 4 counts are moving in a rounded curve finishing facing ¼ turn left**

&      Kick right forward at 45 degrees  
1&      Cross right over left, step left to left (with shoulder jerks)  
2&      Cross right over left, step left to left (with shoulder jerks)  
3&      Cross right over left, step left to left (with shoulder jerks)  
4      Step right across left  
5-8      Rock/step left to left side, sway hips right-left-right

1&2      Sailor - cross left behind right, step right to right side, step left in place  
3-4      Touch right crossed behind left, unwind ¾ turn right (weight on right)  
5-6      Point left to left side, hold  
&7-8      Jump back on left beside right, point right to right side, hold

&1-4      Step right beside left, touch left across right, unwind full turn right (weight on right)  
&5&6      Hop back on left, touch right heel forward, step right in place, step left beside right  
7-8      Walk forward right-left

**REPEAT**

