

Strong Enough

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: The Lady In Black (UK)
音乐: Strong Enough - Cher



STOMP KICK, COASTER STEP

1-2 Stomp right next to left, kick right foot forward
3&4 Step right back, step left next to right, step right forward

Arm styling: count (1) cross left arm bent at elbow across chest, cross right arm bent at elbow across left, count (2) bring both arms down to sides.

STOMP KICK, COASTER STEP

5-6 Stomp left next to right, kick left foot forward
7&8 Step left back, step right next to left, step left forward

Arm styling: count (5) cross left arm bent at elbow across chest, cross right arm bent at elbow across left, count (6) bring both arms down to sides.

SYNCOPATED VINE TO THE RIGHT

9-10 Step right to right side, step left behind right
&11&12 Step right to right side, cross left over right, step right to right side, step left behind right

SIDE ROCK WITH ¼ TURN LEFT, FULL TURN LEFT

13-14 Rock right out to right side, recover weight on left making a ¼ turn left
15-16 Pivot ½ turn left on left stepping right to right side, pivot ½ turn left on right stepping forward on left (completing full turn)
17-32 Repeat 1-16

MODIFIED SAILOR STEPS, STEP LEFT TO LEFT SIDE

33-34& Dig right heel forward (keep weight on right heel), step left behind right, step right to right side
35-36& Dig left heel forward (keep weight on left heel), step right behind left, step left to left side
37-38& Dig right heel forward (keep weight on right heel), step left behind right, step right to right side
39-40 Dig left heel forward (keep weight on left heel), step right behind left,
& Step left foot to left side

Alternative

33&34 Right heel grind
35&36 Right coaster step
37&38 Left heel grind
39&40 Left coaster step

POINT, HITCH, CROSS STEP CROSS, POINT HITCH, TURN ¼ SHUFFLE

41-42 Point right out to right side, hitch right knee across left
43&44 Cross step right over left, step left foot small step to left, cross step right over left
45-46 Point left toe out to left side, hitch left knee right
47&48 Turn ¼ turn to right & shuffle forward left, right left
49-56 Repeat 41-48

KICK BALL BACK, & BACK, CLAP

57&58 Kick right forward, big step back on ball of right foot, step left next to right,
&59&60 Step back on right, step left next to right, clap

PIVOT 1/8 TURN LEFT X 4

61& Pivot ¼ turn left on left point right toe out to right side, hitch right knee

62-64& Repeat 61& three more times

REPEAT

Repeat dance 3 times, then add bridge (only once), start dance again

BRIDGE: ROCKS, KICK CROSS UNWIND, CLAP X 4

1-2 Rock forward on right, rock back on left,

3-4 Rock back on right, rock forward on left

5-6 Kick right forward, cross right over left

7-8 Unwind $\frac{1}{2}$ turn left, clap

9-32 Repeat counts 1-8 of bridge leading left, then leading right, then leading left.
