

# Strong Enough

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Maureen Jeffries (UK)  
音乐: Strong Enough - Cher



## STOMP HEEL GRIND TWICE, SIDE ROCK, CROSS SHUFFLE, SCUFF

1-2            Stomp right over left, grind right heel to right, step to left on left  
3-4            Stomp right over left, grind right heel to right, step to left on left  
5-6            Rock right on right, rock to left on left  
7&8            Cross right over left, step left to left side, cross right over left  
&                Scuff left heel forward

## STOMP HEEL GRIND TWICE, SIDE ROCK, CROSS SHUFFLE, SCUFF

9-10           Stomp left over right, grind left heel to left, step to right on right  
11-12          Stomp left over right, grind left heel to left, step to right on right  
13-14          Rock left on left, rock back onto right  
15&16          Cross left over right, step right to right side, cross left over right  
&                Scuff right heel forward

## JAZZ BOX, AMERICAN STOMP, HEEL SAILOR STEP TURNING ¼ RIGHT

17-18          Step right over left, step back left  
19-20          Step right to right side, step left beside right  
21-22          Stomp right forward and lift, raise and lower left heel  
23&24          Turning ¼ right cross right behind left, step left, step right in place

## SWING KICKS, STEP PIVOT ½ TURN RIGHT, FORWARD SHUFFLE

25-26          Drop weight onto left, hook right over left, kick right forward  
27-28          Drop weight onto right, hook left over right, kick left forward  
**Arms for 25-28: swing bent arms back with hook, forward with kick**  
29-30          Step left forward, pivot ½ turn right, step right forward  
31-32          Forward shuffle, left, right, left

## SWING KICKS, STEP PIVOT ½ TURN LEFT, FORWARD SHUFFLE

33-34          Drop weight onto right, hook left over right, kick left forward  
35-36          Drop weight onto left, hook right over left, kick right forward  
**Arms for 33-36: swing bent arms back with hook, forward with kick**  
37-38          Step right forward, pivot ½ turn left, step left forward  
39&40          Forward shuffle, right, left, right

## STEP, STEP TURNING ¼ RIGHT, 2 BODY ROLLS TO SIDES, HEEL SWITCH & TOUCH

41-42          Step left forward turn ¼ right, step in place with right  
43-44          Step left to left side, roll to left, touch right beside left  
45-46          Step right to right side, roll to right, touch left beside right  
47&48          Touch left heel forward, step left beside right, touch right beside left

**REPEAT**