

Stronger

拍数: 48 墙数: 2 级数: Improver
编舞者: Dianne Kickert
音乐: Stronger - Britney Spears



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- 1&2-3&4 Rock to right onto right, rock to left onto left, step right across left turn $\frac{1}{2}$ turn to left, twisting heels to right-left-right
- 1&2-3&4 Rock to left onto left, rock to right onto right, step left across right turn $\frac{1}{2}$ turn to right, twisting heels to left-right-left
- 1&2-3-4 Shuffle forward right-left-right, twist on the balls of both feet $\frac{1}{4}$ to left then $\frac{1}{4}$ to right
- 1&2-3-4 Shuffle forward left-right-left, twist on the balls of both feet $\frac{1}{4}$ to right then $\frac{1}{4}$ to left
- 1&2-3&4 Shuffle forward right-left-right, shuffle back left-right-left
- 5-6 Right toe back turn $\frac{1}{2}$ turn to right
- 1&2-3&4 Shuffle forward left-right-left, shuffle back right-left-right
- 5-6 Left toe back turn $\frac{1}{2}$ turn to left
- 1-2-3&4 Right toe tap in front, right heel tap in front, right coaster step
- 1-2-3&4 Left toe tap in front, left heel tap in front, left coaster step
- 1-2-3&4 Step right forward, as you push hips forward right, back left, forward right, back left
- 1-2-3&4 Step left forward, as you push hips forward left, back right, forward left, back right
- 1&2-3-4 Shuffle back on right-left-right, step left behind right, unwind $\frac{1}{2}$ turn left

REPEAT
