## Tough Enough！！！

拍数： 32 蝟数： 4
级数：Improver
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音乐：When the Going Gets Tough－Boyzone

STEP RIGHT TO RIGHT SIDE，TOUCH LEFT，SHOULDERS UP\＆DOWN
1 Step right to right side
2 Touch left beside right being left hand in line with chest palm facing down
Leave left hand in last position．Leave right hand straight down next to right hip
$3 \quad$ Rise right shoulder dropping left shoulder
\＆$\quad$ Rise left shoulder dropping right shoulder
4 Rise right shoulder dropping left shoulder

## LEFT TO LEFT SIDE，TOUCH RIGHT，SHOULDERS UP\＆DOWN

（Drop both hands down beside hips）step left to left side
$6 \quad$ Touch right beside left being right hand in line with chest palm facing down
On 7\＆8 leave right hand in last position．Leave left hand straight down next to left hip
$7 \quad$ Rise left shoulder dropping right shoulder
\＆Rise right shoulder dropping left shoulder
$8 \quad$ Rise left shoulder dropping right shoulder
WALK FORWARD RIGHT－LEFT，OUT，OUT，IN，IN，SHOULDERS RIGHT－LEFT－RIGHT
9－10 Walk forward right，walk forward left
11－12 Step right out to right side，step left out to left side
13－14 Step right in place，step left in place
Leave both hand down beside hips，both fists closed
15 Rise left shoulder dropping right shoulder
\＆Rise right shoulder dropping left shoulder
16
Rise left shoulder dropping right shoulder
WALK FORWARD RIGHT－LEFT，OUT，OUT，IN，IN，SHOULDERS RIGHT－LEFT－RIGHT
17－18 Walk back right，walk back left
19－20 Step right out to right side，step left out to left side
21－22 Step right in place，step left in place
Leave both hand down beside hips，both fists closed
23 Rise left shoulder dropping right shoulder
\＆Rise right shoulder dropping left shoulder
24 Rise left shoulder dropping right shoulder

## STEP ¼，SLIDE X4（NO WEIGHT CHANGES）

25－26 Take a big step to right side making a $1 / 4$ turn left，slide left up to right（weight is still on right）
27－28 Take a big step to left side making a $1 / 4$ turn left，slide right up to left（weight is still on left）
29－30 Take a big step to right side making a $1 / 4$ turn left，slide left up to right（weight is still on right）
31－32 Take a big step to left side making a $1 / 4$ turn left，slide right up to left（weight is still on left）
REPEAT

