

Toughen Up

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Sheila Vee (UK)
音乐: When the Going Gets Tough - Boyzone



4 HIP BUMPS, CROSS STEP, ¼ RIGHT COASTER

Start with right touched beside left, facing diagonally into left corner

- 1-4 Hip bumps forward 4 times clicking fingers (one hand) on each beat
- 5-6 Cross right over left, step left to left side
- 7&8 ¼ turn to right while doing right coaster step

TOE STRUTS (TWICE), JUMP FEET APART (TWICE - HALF TURN ONCE)

- 9-10 Touch left toe forward - as you drop heel, slide left backwards
- 11-12 Touch right toe forward - as you drop heel, slide right backwards
- &13 Jump both feet shoulder width apart, starting left, right
- &14 Jump both feet together (left, right) while turning ½ right (over right shoulder)
- &15 Jump both feet apart (left, right)
- &16 Jump both feet together (left, right)

SWIVEL TOE (TWICE), STEP HOPS BACK (TWICE), SCUFF STEPS (TWICE)

- 17-18 Touch right toe forward, while swiveling heel left, then center (twice)
- & Step back on right toe (small step)
- 19 Step back left, beside right, feet slightly apart
- & Step back on right toe (small step)
- 20 Step left back beside right
- 21-22 Scuff right foot through and step onto it
- 23-24 Scuff left foot through and step onto it

RIGHT TOUCH, CROSS, TOUCH AND CROSS, REPEAT ON LEFT

- 25-26 Touch right toe out to right side, cross right over left
- 27 Touch right toe to right side
- &28 Step back on right and cross left in front of right
- & Step right beside left
- 29-30 Touch left toe out to left side, cross left over right
- 31 Touch left toe to left side
- &32 Step back on left and cross right in front of left
- & Step left beside right

HEEL, TOE, ½ TURN HOOK, TOUCH STEP, STEP TOGETHER

- 33-34 Touch right heel forward, touch right toe back
- 35 ½ turn over right shoulder
- 36 Hook right in front of left shin
- 37 Step forward on right
- 38 Touch left toe behind right
- 39 Step back on left
- 40 Step right beside left

MOVING LEFT, TOE TOUCHES, KNEE POPS (X3), STEP BEHIND, UNWIND

- 41 Touch left toe to left side
- 42 Pop left knee (pointing left knee in towards right taking weight onto it)
- & Moving right across beside left

- 43 Touch left toe to left side
- 44 Pop left knee (pointing left knee in towards right taking weight onto it)
- 45 Touch left toe to left side
- 46 Pop left knee (pointing left knee in towards right taking weight onto it)
- 47 Touch right behind left
- 48 Unwind $\frac{1}{2}$ turn to right

REPEAT
