

# Toughen Up

拍数: 48      墙数: 4      级数: Intermediate/Advanced  
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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**

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