

# Get Tough

拍数: 48      墙数: 1      级数: Intermediate  
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音乐: When the Going Gets Tough - Boyzone



## **BODY TWIST SHUFFLES -MOVING SLIGHTLY FORWARD**

1&            Cross right over, left, cross left behind right  
2            Step right forward  
3&4         Repeat to right side  
5&6         Repeat again to left side  
7&8         Repeat again to right side

## **POINT, CROSS STEPS, AND HOLD**

9-10        Point right to side, cross right over left  
&11-12     Step right to right side, cross left over right, hold  
&13-14     Step left to left side, cross right over left, hold  
&15-16     Step right to right side, cross left over right, hold

## **POINT, UNWIND BODY TWIST SHUFFLES FORWARD**

17           Point, cross steps, and hold  
18           Cross left behind right  
19           Unwind half turn to left  
20           Hold  
21&         Cross right over left, close left behind right  
22           Step right forward  
23&24      Repeat to right side

## **TOE AND HEEL SWITCHES, SIDE TOUCHES WITH HOLDS**

25           Right heel forward, step right beside left  
26           Touch left toe back  
&27&       Bring left to right, right heel forward, bring right beside left  
28           Touch left toe back  
29-30       Point left to left side, hold  
&31-32     Bring left to right, point right to right side, hold

## **KICKS AND COASTER STEPS**

33-34       Kick right foot forward twice  
35&36      Step back right, step left beside right, step forward right  
37-38       Kick left foot forward, twice  
39&40      Step back left, step right beside left, step back left

## **HALF PADDLE TURN TO LEFT OVER EIGHT BEATS**

41-42       Touch right toe forward, pivot one eighth turn left  
43-48       Repeat steps 41-42 a further three times, completing a half turn left

## **REPEAT**