

You've Made Me Stronger

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: E-Winson - April 2011
音乐: You've Made Me Stronger - Regine Velasquez



Intro: 8 counts from heavy beats , start on lyrics “ Is it hard to believe ... ”

Step , Back Rock , Recover , Chasse , Lock , Full Turn , Rock , Recover

1-3 Step right foot to right side , rock left foot behind right foot , recover weight on right foot
4&5 Step left foot to left side , step right foot next to left foot , step left foot to left side
6-7 Lock/Cross right foot behind left foot , unwind full turn right (both feet together)
8& Rock left foot to left side , recover weight on right foot

Cross , Step , Together , Chasse ¼ , Forward Mambo , Sailor ¼

1-3 Cross left foot over right foot , step right foot to right side , close left foot next to right foot
4&5 Step right foot to right side , close left foot next to right foot , turn ¼ right stepping right foot forward
6&7 Rock left foot forward , recover weight on right foot , step left foot beside right foot
8& Turn ¼ right crossing right foot behind left foot , step left foot in place

Forward , Rock , Recover , Sailor Cross , Sweep , Cross , Chasse

1-3 Step right foot forward ***, rock left foot to left side , recover weight on right foot
4&5 Cross left foot behind right foot , step right foot to right side , cross left foot over right foot
6-7 Ronde/Sweep right foot from back to front , cross right foot over left foot
8& Step left foot to left side , close right foot next to left foot

Step , Toe Turn ½ , Shuffle Forward , Rock , Recover , ¼ Rock , Recover , Back Rock , Recover

1-3 Step left foot to left side , touch right foot back , turn ½ right stepping right foot in place (Unwind ½ turn right)
4&5 Step left foot forward , step right foot next to left foot slightly right foot behind left foot , step left foot forward
6& Rock right foot forward , recover weight on left foot
7& Turn ¼ right rocking right foot to right side , recover weight on left foot
8& Back rock right foot behind left foot , recover weight on left foot

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On wall 4 , dance until count 17 (*) , then add :**

1-3 Step left foot to left side bump hips to left , right , left

End of wall 8 , add :

Step right foot to right side

2&3 Back rock left foot behind right foot , recover weight on right foot , step left foot to left side
4 Touch right toes beside left foot