

# Girls, Be Strong!

**COPPER KNOB**  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Phrased Beginner  
编舞者: Tina Chen Sue-Huei (TW) - September 2011  
音乐: Jie Jie Mei Mei Jan Chi Lai (姐妹妹妹站起来) - Jin-Ying Tao (陶晶莹)



Start the dance on vocals - Dance sequence: AABB Tag/AABB Tagx3 - 8-count/BBB

## TAG (16 counts)

1-2                      Step right forward, step left forward  
3&4                      Forward cha cha on RLR  
5-6                      Step left back , step right back  
7&8                      Back cha cha on LRL

1-2                      Step right to right side, step left to left side  
3&4                      Cha cha in place on RLR  
5-6                      Step left to left side, step right to right side  
7&8                      Cha cha in place on LRL

## 8-count

1-2                      Rock right to right side, recover onto left  
3-4                      Rock left to left side, recover onto right  
5-6                      Rock right to right side, recover onto left  
7-8                      Rock left to left side, recover onto right

## SECTION A – 32 counts

### [1-8] SIDE ROCK, SAILOR-CROSS, LEFT VINE

1-2                      Rock right to right side, recover onto left  
3&4                      Cross right behind left, step left to left side, cross right over left  
5-6                      Step left to left side, cross right behind left  
7-8                      Step left to left side, cross right over left

### [9-16] SIDE ROCK, SAILOR-CROSS, RIGHT VINE

1-2                      Rock left to left side, recover onto right  
3&4                      Cross left behind right, step right to right side, cross left over right  
5-6                      Step right to right side, cross left behind right  
7-8                      Step right to right side, cross left over right

### [17-24] STEP, STEP, LOCK STEP, REPEAT WITH L

1-2                      Step right forward, step left behind on right  
3&4                      Step right forward, lock step left behind right, step right forward  
5-6                      Step left forward, step right behind on left  
7&8                      Step left forward, lock step right behind left, step left forward

### [25-32] FORWARD, RECOVER,, MAKE 1/2 TURN RIGHT, CHA CHA X2, ROCK, RECOVER

1-2                      Rock forward right, recover weight onto left  
3&4                      Make 1/2 turn right stepping forward cha cha - right, left, right (6:00)  
5&6                      Make 1/4 turn right stepping back cha cha - left, right, left (3:00)  
7-8                      Rock right to back, recover weight onto left

## SECTION B – 32 counts

### [33-40] SIDE ROCK, SAILOR-CROSS, SIDE ROCK, SAILOR-CROSS

1-2                      Rock right to right side, recover onto left  
3&4                      Cross right behind left, step left to left side, cross right over left

5-6 Rock left to left side, recover onto right  
7&8 Cross left behind right, step right to right side, cross left over left

**[41-48] SIDE-TOUCH x 2, JAZZ BOX**

1-2 Step right to right side, touch left together  
3-4 Step left to left side, touch right together  
5-6 Cross right over left, step left back  
7-8 Step right to right side, step left together

**[49-56] TOE, HEEL, R COASTER STEP, TOE, HEEL, L COASTER STEP**

1-2 Touch right toe to left instep (with bent right knee), kick right heel diagonal forward  
3&4 Step right back, step-close left to right, step right forward  
5-6 Touch left toe to right instep (with bent left knee), kick right heel diagonal forward  
7&8 Step left back, step-close right to left, step left forward

**[57-64] JAZZ BOX 1/4 TURN RIGHT, JAZZ BOX**

1-2 Cross right over left, step left back  
3-4 1/4 turn right step right to right side, step left together  
5-6 Cross right over left, step left back  
7-8 Step right to right side, step left together

**Ending facing 12:00**

**Have fun!**

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