

# Tough

**COPPER** **NOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Gordon Elliott (AUS) - August 2013  
音乐: Tough - Kellie Pickler : (Album: Tough Single.)



**Original Position: Feet Together Weight On The Left Foot.**

**This dance is done in FOUR directions. Introduction : 16 Beats**

## **COASTER CROSS, SIDE-ROCK-ACROSS. SIDE SHUFFLE 1/4 TURN, QUICK PADDLE-ACROSS**

1 & 2      Coaster: Step R Back, Step L Together, Step R Across In Front Of Left  
3 & 4      Step L To The Side, Side Rock Onto R, Step L Across In Front Of Right,  
5 & 6      Side Shuffle Right Turning 90deg Right Step : R-L-R,  
7 &      Paddle : Step L Forward, Turn 90deg Right Take Weight Onto R,  
8      Step L Across In Front Of Right.

## **SIDE SHUFFLE, ACROSS-ROCK-1/4 FORWARD, FULL TRIPLE FORWARD, MAMBO FORWARD**

1 & 2      Side Shuffle To The Right Step : R-L-R,  
3 & 4      Step L Across In Front Of Right, Rock Onto R, Turn 90deg Left Step L Forward,  
5 & 6      Turn 180deg Left Step R Back, Turn 180deg Left Step L Forward, Step R Forward,  
7&8      Step L Forward, Rock Back Onto R, Step L Together. ##

## **HEEL & HEEL & FORWARD, ROCK, FULL TRIPLE BACK, COASTER STEP**

1 &      Touch R Heel Forward, Step R Together,  
2 &      Touch L Heel Forward, Step L Together,  
3, 4      Step R Forward, Rock Back Onto L,  
5 & 6      Travel Back Turning 360deg Right Triple Step : R-L-R,  
7 & 8      Coaster : Step L Back, Step R Together, Step L Forward.

## **KICK BALL STEP-OUT-OUT, CLAP & ACROSS, CLAP, 1/2 UNWIND, KICK**

1 & 2      Kick R Forward, Step R Together, Step L Forward,  
& 3,4      Step R To The Side, Step L To The Side, Hold & Clap,  
& 5, 6      Step L To The Centre, Step R Across In Front Of Left, Hold & Clap,  
7, 8      Turn 180deg Left Unwind Take Weight Onto L, Kick R Forward.

**[32 ]REPEAT THE DANCE IN NEW DIRECTION**

**RESTART: On WALL 4 dance to BEAT 16 ( ## ) then RESTART the dance FACING the BACK**

**Contact: 02 9550 6789 - Website: [www.dancewithgordon.com](http://www.dancewithgordon.com)**