

Not Strong Enough

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Guy Dubé (CAN) & Stéphane Cormier (CAN) - November 2014
音樂: I'm Not Strong Enough to Say No - BlackHawk



Intro: □32 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

[1-8] □SIDE, TOGETHER, CHASSÉ R to R, CROSS ROCK STEP, CHASSÉ L in 1/4 TURN L

1-2 Step R to side, step L together R
3&4 Step R to side, step L together R, step R to side
5-6 Cross rock step L over R, recover on R
7&8 Step L to side, step R together L, 1/4 turn left and step L forward

[9-16] □2X (STEP, PIVOT 1/4 TURN L), 2X (CROSS, TOUCH SIDE)

1-2 Step R forward, roll hips in 1/4 turn left
3-4 Step R forward, roll hips in 1/4 turn left
5-6 Cross step R over L, touch L to side
7-8 Cross step L over R, touch R to side

[17-24] □ROCK STEP, CHASSÉ in 1/2 TURN R, ROCK STEP, CHASSÉ in 3/4 TURN L

1-2 Rock step R forward, recover on L
3&4 Chassé in 1/2 turn R with R,L,R
5-6 Rock step forward L, recover on R
7&8 Chassé in 3/4 turn left with L,R,L

[25-32] □ROCK SIDE, CROSS, TOUCH SIDE, STEP-LOCK-STEP BACK, ROCK BACK

1-2 Rock side R, recover on L
3-4 Cross step R behind L, touch L to side
5&6 Step L back, cross step R over L, step L back
7-8 Rock back R, recover on L

[33-40] □CHASSE BACK in 1/2 TURN L, ROCKING CHAIR, COASTER CROSS

1&2 Chassé back in 1/2 turn left with R,L,R
3-4 Rock back L, recover on R
5-6 Rock step L forward, recover on R
7&8 Step L back, step R together L, cross step L over R

[41-48] □ROCK SIDE, WEAVE L, SIDE, TOGETHER, SCISSOR STEP

1-2 Rock side R, recover on L
3&4 Cross step R behind L, step L to side, cross step R over L
5-6 Step L to side, step R together L
7&8 Step L to side, step R together L, cross step L over R

[49-56] □1/4 TURN L STEP BACK, TOGETHER TOUCH, 1/4 TURN L STEP SIDE, TOGETHER TOUCH, CROSS ROCK STEP, CHASSÉ R in 1/4 TURN R

1-2 1/4 turn left and step R back, touch L together R
3-4 1/4 turn left and step L to side, touch R together L
5-6 Cross rock step R over L, recover on L
7&8 Chassé in 1/4 turn right with R,L,R

[57-64] □STEP , PIVOT 1/2 TURN R, CHASSE L BACK in 1/2 TURN R, ROCK BACK, KICK-BALL STEP

1-2 Step L forward, pivot 1/2 turn right
3&4 Chassé back in 1/2 turn right with L,R,L
5-6 Rock back R, recover on L
7&8 Kick ball step R forward, ball R together L, step L forward

[65-68] □ STEP SIDE, TOUCH TOGETHER, STEP SIDE, TOUCH TOGETHER

1-2 Step R to side, touch L together R
3-4 Step L to side, touch R together L

RESTART : At the 4th rotation of the dance, on wall 9.00, forget the counts 65 to 68 to the end of the dance. It becomes a dance of 64 counts. 68-68-68-64 until the end of the dance.

REPEAT...

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