

Stay Strong

拍數: 32 牆數: 4 級數: Improver
編舞者: Sandra Speck (UK) & Alexis Strong (UK) - January 2016
音樂: Stay - The Corrs : (iTunes)



#16 count intro, Start On Vocals

[1-8]. RIGHT SIDE, LEFT BEHIND SIDE CROSS, SIDE, BEHIND SIDE CROSS, SIDE TOUCH.

1-2 Step right foot to side (1) Cross left behind right (2)
&3-4 Step right foot to side (&) Cross left over right (3) Step right foot to side (4)
5&6 Cross left behind right (5) Step right foot to side (&) Cross left over right (6)
7-8 Step right foot to side (7) Touch left next to right (8)

[9-16]. CHASSE ¼, SHUFFLE ½, ROCK BACK RECOVER, HEEL SWITCHES FORWARD

1&2 Step left to side (1) Close right next to left (&) step forward on left making ¼ turn left (2)
3&4 Step right to side turning ¼ left (3) Close left foot next to right (&) Step back on right turning
¼ left
5-6 Rock back on left foot(5) Recover onto right foot (6)
7&8& Touch left heel forward (7) Step left beside right (&) Touch right heel forward (8) Step left
beside right (&)

Tag here on wall 2

[17-24].STEP FORWARD, HITCH RIGHT, COASTER STEP, STEP PIVOT 1/4, CROSS SHUFFLE

1-2 Step forward on left (1) Hitch right knee (2)
3&4 Step back on right foot (3) Close left foot next to right (&) Step forward on right foot(4)
5-6 Step forward on left foot (5) Pivot ¼ turn right, transferring weight to right (6)
7&8 Cross left foot over right (7) Step right to side(&) Cross left foot over right (8) 6.00

[25-32]. RIGHT SIDE, BEHIND, SIDE, HEEL, & CROSS, BACK1/4, SIDE, CROSS SHUFFLE

1-2 Step right to side (1) Cross left behind right (2)
&3 Step right to side (&) Touch left heel forward to left diagonal (3)
&4 Step left foot next to right (&) Cross right foot over left (4)
5-6 Step back on left turning ¼ right (5) Step right foot to side (6)
7&8 Cross left foot over right (7) Step right to side (&) Cross left foot over right (8) 9.00

Tag: Wall 2 after section 2

1-2 Step forward on left foot (1) Touch right next to left (2)

Then Restart from the beginning facing 12 o'clock

ENJOY!!

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