

Tough

拍數: 64 牆數: 2 級數: High Improver
編舞者: Caroline Cooper (UK) - March 2017
音樂: Tough - Kellie Pickler



INTRO: 16 COUNTS

Sec 1: □□CROSS POINT, CROSS POINT, CROSS, BACK, (TURN 1/8TH R) 1.30, SHUFFLE BACK

1-2 (Forward direction) Cross R over L, point L to L side
3-4 (Forward direction) Cross L over R, point R to R side
5-6 Cross R over L, step back on L (turn 1/8th) (1.30)
7&8 Shuffle back (still facing 1.30) RLR

Sec 2: □□BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK, TOGETHER, SIDE ROCK

1-2 Cross L behind R (straighten up 3 o'clock) step R to R side
3&4 Cross L over R, step R to R side, cross L over R
5-6 Rock R to R side, recover L
&7-8 Step R next to L, rock L to L side, recover

Sec 3: □□½ SAILOR TURN, MAMBO, HITCH X 2, COASTER

1&2 Turning ½ L, sweep L behind R, step R to R side, L to L side
3&4 Rock R forward, recover L, step back R
5&6& Hitch L back, hitch R back
7&8 Step back L, step back R, step forward L

Sec 4: □□SCUFF HITCH STEP, SCUFF HITCH STEP, ROCK, RECOVER, SHUFFLE ½

1&2 Scuff R foot forward, hitch, step forward R
3&4 Scuff L foot forward, hitch, step forward L
5-6 Rock forward R, recover L
7&8 ½ turn R, stepping RLR

Sec 5: □□¼, CROSS BEHIND, ¼ CHASSE, STEP PIVOT ½, ¼ CHASSE

1-2 ¼ R stepping L to L side, cross R behind L
3&4 ¼ L, shuffle LRL
5-6 Step forward R, ½ turn L
7&8 ¼ turn L, step R to R side, close, side

Sec 6: □□BACK ROCK POINT, BACK ROCK POINT, BEHIND ¼ TURN, FORWARD SHUFFLE

1&2 Back rock L behind R, recover, point L to L side
3&4 Back rock L behind R, recover, point L to L side
5-6 Cross L behind R, ¼ R stepping forward R
7&8 Shuffle forward LRL

Sec 7: □□ROCK FORWARD, RECOVER, ROCK FORWARD, RECOVER, COASTER STEP, STEP ¼

1-2 Rock forward R, recover L
&3-4 Step R next to L, rock forward L recover R
5&6 Step back on L, step R next to L, step forward L
7-8 Step forward R, ¼ turn L

Sec 8: □□JAZZ BOX, HIP BUMPS

1-2 Cross R over L, step back L
3-4 Step R to R side, step forward L
5&6 Step forward R bump hips RLR
7&8 Step forward L bump hips LRL

TAG: Step change during wall 2 section 6 facing 12 o'clock, Restart dance from beginning

5-6 Cross L behind R, step R to R side

7&8 Forward shuffle LRL

The Dance Finishes At The End Of Section 3, Turn $\frac{1}{4}$ Turn R To The Front Stomping R Forward
