

We Are Strong

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - April 2017
音樂: We Are Strong (feat. Kiesza) - Pitbull



Intro : 32 counts

S1: SIDE ROCK CROSS, ¼ TURN R, SIDE, CROSS SHUFFLE, ¼ TURN L, SIDE

1&2 Rock RF to R side, Recover weight on LF, Cross RF over LF
3-4 ¼ turn R-step LF back, Step RF to R side
5&6 Cross LF over RF, Step RF to R side, Cross LF over RF
7-8 ¼ turn L-step RF back, Step LF to L side

S2: CROSS ROCK, SIDE, ¼ TURN R, ¼ TURN R, ¼ R SIDE ROCK, BEHIND, POINT

1&2 Rock RF across LF, Recover weight on LF, Step RF to R side
3-4 ¼ turn R-step LF to L side, 1/8 turn R-step RF back
5&6 1/8 turn R-step LF back, ¼ turn R-Rock RF to R side, Recover weight on LF
7-8 Cross RF behind LF, Point LF to R side

S3: ½ TURN L, ¼ TURN SIDE ROCK, WALK FWD, ANCHOR STEP, WALK BACK

1-2& ½ Turn L-step LF next to RF, ¼ turn L-rock RF to R side, Recover weight on LF
3-4 Walk RF fwd, Walk LF fwd
5&6 Cross R behind L, Step LF on Place, Step RF Slightly back
7-8 Step LF back, Step RF back

S4: BACK ROCK, ¼ TURN R, BACK ROCK, PIVOT ½ TURN L, RUN FWD, STEP, ¼ TURN L

1&2 Rock LF back, Recover weight on RF, ¼ turn R-step LF to L side
3-4 Rock back on RF, Recover weight on LF
5&6& Step RF fwd, ½ turn L-weight on LF, Step RF fwd, Step LF fwd
7-8 Step RF fwd, ¼ turn L-weights on LF***restart 4th wall

S5: SYNCOPATED JAZZBOX, STEP FWD, ½ TURN L WITH SWIVELS, HITCH, CAMEL WALKS

1-2& Cross RF over LF, Step LF back, Step RF to R side
3-4 Step LF fwd, Step RF fwd
5&6 Swivel L heel to L side, Swivel R Heel to L side complete ½ turn L-weights on RF, Hitch LF
7-8 Step forward on LF and pop R knee, Step forward on RF and pop L knee

S6: PIVOT ½ TURN R & FWD ROCK, TRIPPLE FULL TURN, BIG STEP FWD, DRAG

1-2& Step LF fwd, ½ turn R-weight on RF, Step LF next to RF
3-4 Rock RF fwd, Recover weight on LF
5&6 Triple full turn to Right on the spot stepping R-L-R (Coaster for easier option).
7-8 Big step fwd on LF, Drag RF next to LF

Restart: In the 4th wall after 32 counts