

Strongest

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Diana Liang (CN) - January 2018
音樂: Strongest - Ina Wroldsen : (3:27)



Intro: 8 counts, Restarts – wall 3 and 7

S1: Mambo, Side, Wave, Side, Behind, ¼ LR Hitch 900

1&2 Rf forward on 1, Lf in place on &, Rf back on 2
3&4 Lf back on 3, Rf in place on &, Lf forward on 4
5 Rf side on 5
&6&7 Lf side on &, Rf behind on 6, Lf side on &, Rf cross over on 7
&8& Lf side on &, Rf behind on 8, hitch ¼ LT on &

S2: Shuffle Back (L/R), ½ LT Shuffle Forward, ½ RT Forward, Close, 900

1&2 Lf back on 1, Rf close on &, Lf back on 2
3&4 Rf back on 3, Lf close on &, Rf back on 4
5&6 ½ LT Lf forward on 5, Rf close on &, Lf forward on 6
78 ½ RT Rf big forward on 7, Lf close take weight on 8 (at wall 11, do ¼ RT to finish)

Restart Here after Wall 3 and Wall 7

S3: Rock Recover Forward, 1/8 RT Back (LRL), ¼ RT Forward (RLR), 1/8 LT Vine 1200

1&2 Rf side on 1, Lf recover on &, Rf forward on 2
3&4 1/8 RT Lf back on 3, Rf back on &, Lf back on 4
5&6 ¼ RT Rf forward on 5, Lf forward on &, Rf forward on 6
7&8 1/8 LT Lf side on 7, Rf behind on &, f side on 8

S4: Forward (RL), Forward R, ½ LT Pivot, Forward LR, Forward LR, Coaster, weight to Lf 600

1 2 Rf forward on 1, Lf forward on 2
3&4 Rf forward on 3, ½ LT Pivot Lf take weight on &, Rf forward on 4
5 6 Lf forward on 5, Rf forward on 6
7&8 Lf forward on 7, Rf close on &, Lf back on 8

Thanks and happy dancing!