

Strong & Sweet

拍數: 36 牆數: 2 級數: Improver
編舞者: Ann-Jeanett Ramsvatn (DK) - July 2021
音樂: Honey Jack - Madeline Merlo



Intro: 16 Counts after She says "Here We Go".

Section 1: Out Out, Swivel, Coaster Step, Prissy Walks

1-2 Step out on R, Step out on L
3&4 Swivel both feet in (heel toe heel)
5&6 Step back on L, Step R beside L, Step fwd on L
7-8 Step R fwd crossed over L, Step L fwd crossed over R

Restart wall 3

Section 2: Heel Hook Heel, Hitch, Back Hitch x2, Coaster Step, Mambo ¼ Turn.

1&2& R heel fwd, Hook R over L, R heel fwd, Hitch R knee
3&4& Step back on R, Hitch L Knee, Step back on L, Hitch R knee
5&6 Step back on R, Step L beside R, Step fwd on R
7&8 Rock fwd on L, Recover on R, ¼ turn L as you step L to L side

Section 3: Vaudeville x 2, Cross, Side, Behind Side Cross

1&2& Cross R over L, Step L to L side, R heel diagonal, Step R beside L
3&4& Cross L over R, Step R to R side, L heel diagonal, Step L beside R
5-6 Cross R over L, Step L to L side
7&8 Step R behind L, Step L to L Side, Cross R over L

Section 4: Point & Point, Point Hitch Point, Sailor ¼ turn, Ball Step, Scuff Hitch.

1&2& point L to L side, step L beside R, Point R to R side, Step R beside L
3&4 Point L to L side, Hitch L knee, Point L to L side
5&6 Turn ¼ turn L stepping back on L, step R beside L, Step fwd on L
&7-8 Step R beside L, Step fwd on R, Scuff R and hitch R knee

Restart wall 4

Section 5: Rocking Chair

1-4 Rock fwd on R, Recover on L, Rock back on R, Recover on L

TAG: At the end of walls 1 & 6 . Out Out, In In

1&2& Step out on R, Step out on L, Step back in place on R, Step back in place on L
3&4& Step out on R, Step out on L, Step back in place on R, Step back in place on L

RESTART: wall 3 after Prissy walks & wall 4 after Scuff hitch (don't do the Rocking chair)

ENDING: After Sailor ¼ turn, do step ½ turn L (step fwd on R, turn ½ turn L)

HAVE FUN!

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Last Update - 1 September 2021