

# 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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