

The Strong

拍數: 32 牆數: 4 級數: Intermediate NC2S style
編舞者: Hanna Pitkanen (FIN) - 17 December 2022
音樂: The Strong - Eva Under Fire



Intro: 16 counts - No tags, no restarts

[1-8]: NC2 basic R, side, cross rock, ¼ right to serpiente, R back rock

1,2& Step R to right side (1), step L next to/slightly behind R (2), cross R over L (&)
3,4& Step L to left side (3), rock R over L (4), recover weight to L (&)
5 Make ¼ turn right stepping R forward as you sweep L from back to front (5) 3:00
6& Cross L over R (6), step R to right side (&)
7 Step L behind R as you sweep R from front to back (7)
8& Rock back R (8), recover L (&)

[9-16] R forward rock, ½ turn right x 3, L forward rock, run around 1 ¼, sway L, sway R

1& Rock R forward (1), recover weight to L (&),
2&3 Make ½ turn right stepping R forward (2), make ½ turn right stepping L back (&)
3 Make ½ turn right stepping R forward (3) 9:00
4& Rock L forward (4), recover weight to R (&)
5&6,7 Make ½ turn left stepping L forward (5), make ¼ turn left stepping R forward (&), make ¼ turn left stepping L forward (6), make ¼ turn left stepping R to ride side (7) 6:00
8& Sway left (8), sway right (&)

[17-24] NC2 basic L, NC2 basic R, side, cross, side rock, ¼ right, step fwd

1,2& Step L to left side (1), step R next to/slightly behind L (2), cross L over R (&)
3,4& Step R to right side (3), step L next to/slightly behind R (4), cross R over L (&)
5,6 Step L to left side (5), cross R over L (6)
7&8 Rock L to side (7), make 1/4 turn right as you recover to R (&), step L forward (8)

[25-32] ½ turn left x2, step, lock step, step with a sweep, cross, side, rock, ¼ turn, ½ turn, step fwd

1& Make ½ turn left stepping R back (1), make ½ turn left stepping L forward (&)
2& Step R forward (2), lock L behind R (&)
3 Step R forward as you sweep L from back to front (3)
4&5 Cross L over R (4), step R to right side (&), rock back L (5)
6&7 Recover weight to R (6), make ¼ turn right stepping L back (&), make ½ turn right stepping R forward (7)
8 Step L forward
& make ¼ left to start the next wall

START AGAIN - Have fun dancing!

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