

Stroganoff

拍數: 64 牆數: 4 級數:
編舞者: Tracey McIntosh (UK)
音樂: Strong Enough - Cher



When I wrote this dance, I mentioned it to another member of a class I attend, and she misheard me; I said "Strong Enough" and she said "Stroganoff", to which I laughed, and the name has stuck. Sorry Cher!

SHUFFLE, KICK TWICE, COASTER STEP, PIVOT ½ TURN

1&2 Step forward right, step left beside right, step forward right
3-4 Kick left leg forward twice
5&6 Step back left, step back right, step forward left
7-8 Step forward right, pivot ½ turn left

WALK STEPS, ROCK STEPS, ¼ TURN, VAUDEVILLE JACK

9-10 Walk forward right, walk forward left
11& Rock forward right, rock back left
12& Rock back right, rock forward left
13-14 Step forward right, pivot ¼ turn left
15& Cross right over left, step left to left side
16& Touch right heel diagonally forward, step right beside left

PIVOT ½ TURN SHUFFLE, ROCK STEP, REVERSE PIVOT

17-18 Step forward left, pivot ½ turn right
19-20 Step forward left, step right beside left, step forward left
21-22 Rock forward right, rock back left
23-24 Step back right, on ball of right, pivot ½ turn right and step back left

LOCK STEP, ROCK STEP, SCUFF, HEEL BOUNCES

25&26 Lock right over left, step back left, lock right over left
27&28 Rock back diagonally left, step right in place, scuff left forward
29 Cross left over right
&30 Keeping feet crossed, raise and lower heels
&31&32 Raise and lower heels twice

ROCK STEP, SAILOR STEP ¼ TURN, CROSS, UNWIND, CROSS STEP, TOUCH

33-34 Rock right to right side, step left in place
35& Cross right behind left, step left to side
36 On ball of left, pivot ¼ turn left and step right to right side
37-38 Cross left behind right, unwind ½ turn
39-40 Cross right over left, touch left to diagonally forward left

WEAVE, CROSS ROCK, KNEE POPS

41-42 Cross left behind, step right to right side
43& Cross left over right, step right to side
44& Cross left behind right, step right to side
45&46 Cross left over right, step right in place, step left to left side
47-48 Pop right knee in to meet left shin, pop left knee in to meet right shin

SAILOR STEPS, FULL TURN, SAILOR STEP

49&50 Step left behind right, step right to right side, step left to left side
51&52 Step right behind left, step left to left side, step right to right side

53 On ball of right, pivot $\frac{1}{2}$ turn left and step forward left
54 On ball of left, pivot $\frac{1}{2}$ turn left and step back on right
55&56 Step left behind right, step right to right side, step left to left side

$\frac{1}{2}$ TURN STEPS, SHUFFLE, STEP $\frac{1}{2}$ TURN, SHUFFLE

57 On ball of left, pivot $\frac{1}{4}$ turn right and step forward right
58 On ball of right, pivot $\frac{1}{2}$ turn left and step forward left
59 On ball of left, pivot $\frac{1}{2}$ turn right and step forward right
&60 Step left beside right, step forward right
61-62 Step forward left, pivot $\frac{1}{2}$ turn right
63&64 Step forward left, step right beside left, step forward left

REPEAT
