

Strong

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Paul O'Connor (UK)
音樂: That's What Makes You Strong - The Judds



TOUCH, ½ RONDE, BEHIND & CROSS, ROCK STEP, BEHIND & CROSS

- 1-2 Touch right toe forward, on ball of left foot pivot ½ turn over right shoulder, sweeping right toe round
- 3&4 Step right foot behind left, step left foot to left side, cross step right over left
- Easier option**
- 1 Rock forward on right
- 2 Rock back on left
- 3&4 Triple step ½ turn on right, left, right
- 5-6 Rock left to left side, step back onto right
- 7&8 Step left behind right, step right to right side, cross step left in front of right

SIDE ROCK, RIGHT SHUFFLE, SIDE ROCK, LEFT SHUFFLE

- 1-2 Step right to right side, rock back onto left
- 3&4 Shuffle forward on right, left, right
- 5-6 Step left to left side, rock back onto right
- 7&8 Shuffle forward on left, right, left

STEP, ½ TURN, TOUCH, OUT & CROSS, SIDE TOGETHER, CHASSE RIGHT

- 1-2 Step forward on right foot, pivot ½ turn left, touching left toe next to right foot
- 3&4 Step left foot to left side, rock weight back onto right, cross step left in front of right
- 5-6 Step right foot to right side, step left next to right
- 7&8 Step right foot to right side, step left next to right, step right foot to right side

CROSS ROCK, ¼ TURN SHUFFLE, FULL TURN LEFT, SIDE ROCK STEP, TOUCH

- 1-2 Cross rock left over right, step back onto right
- 3&4 Step left foot to left side, step right next to left, step left foot ¼ turn to left
- 5-6 On ball of left pivot ½ turn to left stepping back on right, on ball of right pivot ½ turn left stepping forward on left
- 7&8- Rock right foot to right side, rock back onto left, touch right toe next to left foot

TOUCH, ¾ PIVOT, ROCK STEP, STEP, ¼ RONDE, RIGHT SHUFFLE

- 1-2 Touch right toe out to right side, on ball of left pivot ¾ turn backwards hooking right foot in front of left
- 3&4 Rock forward on right foot, step back on left foot, step back on right foot
- 5-6 Sweep left foot round ¼ turn to left, stepping left next to right
- 7&8 Shuffle forward on right, left, right

ROCK STEP, REVERSE FULL TURN, SIDE ROCK, CROSS SHUFFLE

- 1-2 Rock forward on left foot, rock back onto right
- 3&4 Full turn back over left shoulder, on left, right, left
- 5-6 Step right foot out to right side, rock weight back onto left
- 7&8 Cross step right over in front of left, step left to left side, cross step right in front of left

ROCK ¼ TURN, SHUFFLE, ¼ RONDE, STEP, LOCK, STEP

- 1-2 Step left foot to left side, make ¼ turn right stepping onto right
- 3&4 Shuffle forward on left, right, left

5-6 Sweep right foot round making $\frac{1}{4}$ turn to left, step right foot down across in front of left
7&8 Step left foot back, lock right in front of left, step back on left foot

REVERSE $\frac{1}{2}$ PIVOT, TOUCH, RIGHT SHUFFLE, ROCK STEP, REVERSE FULL TURN

1-2 Pivoting on ball of left foot, sweep right leg round making $\frac{1}{2}$ turn right, touch right toe next to left foot

3&4 Shuffle forward on right, left, right

5-6 Rock forward onto left foot, rock back onto right

7&8 Make full turn back over left shoulder on left, right, left

REPEAT
