

Strong

拍數: 64 牆數: 2 級數:
編舞者: Lisa Foord (AUS) & Susan Byrne (AUS)
音樂: Strong Enough - Cher



To start the dance, wait through the 32 count intro ending with "was she worth it", then a pause. Scoot back on the word "strong"

&1-2 Scoot back on left, step back right-left
3-4 Touch right toe back, turn ½ turn right onto right
5&6 Touch left to left side, step left beside right, touch right to right side
&7&8 Step right beside left, touch left heel forward, step left beside right, step forward on right

1&2 Scuff left forward, step left to left side, step right to right side
3-4 Hold, click fingers at ear level
5-6 Keep feet apart bend knees & turn ¼ turn left, straighten knees with ball of left raised
7-8 Bend knees & turn ½ turn right, straighten knees with ball of right raised

1-2 Rock/step right forward, replace weight onto left
3&4 Turn ½ turn right & shuffle forward right-left-right
5-6 Rock/step left to left side, replace weight onto right
7&8 Cross left over right, step right to right side, cross left behind right

1-2 Rock/step right to right side, replace weight onto left
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Step left to left side, cross right behind left
&7 Turn ¼ turn left & step forward on left, scuff right forward
8 Turn ½ turn left swiveling on left (right leg in the air)

1-2 Walk forward right-left
3&4 Shuffle forward right-left-right
5-6 Rock/step left forward, replace weight onto right
7&8 Turn ½ turn left shuffle forward left-right-left

Next 4 counts are moving in a rounded curve finishing facing ¼ turn left

& Kick right forward at 45 degrees
1& Cross right over left, step left to left (with shoulder jerks)
2& Cross right over left, step left to left (with shoulder jerks)
3& Cross right over left, step left to left (with shoulder jerks)
4 Step right across left
5-8 Rock/step left to left side, sway hips right-left-right

1&2 Sailor - cross left behind right, step right to right side, step left in place
3-4 Touch right crossed behind left, unwind ¾ turn right (weight on right)
5-6 Point left to left side, hold
&7-8 Jump back on left beside right, point right to right side, hold

&1-4 Step right beside left, touch left across right, unwind full turn right (weight on right)
&5&6 Hop back on left, touch right heel forward, step right in place, step left beside right
7-8 Walk forward right-left

REPEAT

