

Strong Enough

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Maureen Jeffries (UK)
音樂: Strong Enough - Cher



STOMP HEEL GRIND TWICE, SIDE ROCK, CROSS SHUFFLE, SCUFF

1-2 Stomp right over left, grind right heel to right, step to left on left
3-4 Stomp right over left, grind right heel to right, step to left on left
5-6 Rock right on right, rock to left on left
7&8 Cross right over left, step left to left side, cross right over left
& Scuff left heel forward

STOMP HEEL GRIND TWICE, SIDE ROCK, CROSS SHUFFLE, SCUFF

9-10 Stomp left over right, grind left heel to left, step to right on right
11-12 Stomp left over right, grind left heel to left, step to right on right
13-14 Rock left on left, rock back onto right
15&16 Cross left over right, step right to right side, cross left over right
& Scuff right heel forward

JAZZ BOX, AMERICAN STOMP, HEEL SAILOR STEP TURNING ¼ RIGHT

17-18 Step right over left, step back left
19-20 Step right to right side, step left beside right
21-22 Stomp right forward and lift, raise and lower left heel
23&24 Turning ¼ right cross right behind left, step left, step right in place

SWING KICKS, STEP PIVOT ½ TURN RIGHT, FORWARD SHUFFLE

25-26 Drop weight onto left, hook right over left, kick right forward
27-28 Drop weight onto right, hook left over right, kick left forward
Arms for 25-28: swing bent arms back with hook, forward with kick
29-30 Step left forward, pivot ½ turn right, step right forward
31-32 Forward shuffle, left, right, left

SWING KICKS, STEP PIVOT ½ TURN LEFT, FORWARD SHUFFLE

33-34 Drop weight onto right, hook left over right, kick left forward
35-36 Drop weight onto left, hook right over left, kick right forward
Arms for 33-36: swing bent arms back with hook, forward with kick
37-38 Step right forward, pivot ½ turn left, step left forward
39&40 Forward shuffle, right, left, right

STEP, STEP TURNING ¼ RIGHT, 2 BODY ROLLS TO SIDES, HEEL SWITCH & TOUCH

41-42 Step left forward turn ¼ right, step in place with right
43-44 Step left to left side, roll to left, touch right beside left
45-46 Step right to right side, roll to right, touch left beside right
47&48 Touch left heel forward, step left beside right, touch right beside left

REPEAT