

Strong Enough

拍數: 0 牆數: 2 級數: Advanced
編舞者: Leanne Ashcroft
音樂: Strong Enough - Cher



Sequence: AB, AB, AB, B, AB, A, A Finishing on the forward stomps of part B - walking towards the front (no 1/2 left pivot)

Wait to hear the words "was she worth it". Pause 4 beats. Start on words "strong enough"

Dancers should start the dance forward & to the left on the dance floor

PART A

- 1-2 Two heel drops (right foot)
- 3-4 ¼ left turn - forward (left) triple
- 5-6 Right side rock, recover
- 7&8 Syncopated behind vine 3 (right foot)

- 9-10 Left forward rock, recover
- 11&12 ½ left back turning triple (left, right, left)
- 13&14 ½ right turning triple (right, left, right)
- 15&16 Coaster step (left)

- 17&18 Right, kick ball change-turning ¼ right
- 19-20 Right foot cross behind, unwind
- 21-22 Right cross front, left kick forward diagonal
- 23-24 Left cross front, right kick forward diagonal

- 25-26 Right cross front, point side left
- 27 ½ left turn- point side left
- 28 Hold (clap hands)
- 29&30 Syncopated behind vine 3
- 31-32 Forward rock (right foot), recover

Optional: hands held out in stop position to the words "gotta go"

PART B

- 1-2 Right side point, step weight to right foot completing ½ pivot right
- 3-4 Left side point, step weight to left foot completing ½ pivot right
- 5-8 Repeat counts 1-4 (click fingers on step count)

- 9-10 Pivot ½ left (on left foot) stomp right foot forward- pushing right hand forward diagonal, hold
- 11-12 Stomp left foot forward -pushing left hand forward diagonal, hold
- 13-16 Four forward stomps (right, left, right, left)

- 17-18 Right rock, recover
- 19&20 ½ right cha-cha
- 21-22 Left forward rock, recover
- 23&24 ½ left turn cha-cha

- 25-26&27-28 Syncopated vine 5 right
- &29 Left cross behind, right cross front
- 30 Unwind
- &31&32 Out out, in in (weight in left foot)

