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

PARIA	
1-2	Two heel drops (right foot)
3-4	1/4 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

Forward rock (right foot), recover Optional: hands held out in stop position to the words "gotta go"

Out out, in in (weight in left foot)

F

&31&32

31-32

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

