

Strong Enough

拍數: 48 牆數: 4 級數: Improver
編舞者: Sarah Massey (UK) & Myra Massey (UK)
音樂: Strong Enough (Remix) - Cher



RIGHT & LEFT SAILOR STEPS, ½ TURN LEFT, ¼ TURN LEFT

1&2 Cross right behind left, step left to left side, step right in place
3&4 Cross left behind right, step right to right side, step left in place
5&6 Step forward on right, pivot ½ turn left
7-8 Step forward on right, pivot ¼ turn left

DIAGONAL SHUFFLES RIGHT & LEFT, SKIPS BACK X3, HITCH

9&10 Shuffle diagonally forward on a right left right
11&12 Shuffle diagonally forward on a left right left
&13 Hitch right knee sliding left foot back, step right back
&14 Hitch left knee sliding right foot back, step back left
&15 Hitch right knee sliding left foot back, step back right
16 Hitch left knee

VINE LEFT, SCUFF RIGHT, VINE RIGHT, SCUFF LEFT

17-18 Step left to left side, cross right behind left
19-20 Step left to left side, scuff right foot forward
21-22 Step right to right side, cross left behind right
23-24 Step right to right side, scuff left foot forward

¼ TURN LEFT, JAZZ BOX, LEFT JAZZ BOX

25-26 Cross left foot across right, step back on right
27-28 Step left ¼ turn left, step right beside left
29-30 Cross left foot across right, step back on right
31-32 Step left to left side, touch right beside left

ROLLING FULL TURN RIGHT CLAP, ROLLING FULL TURN LEFT, CLAP

33 Step right ¼ turn right
34 On ball of right make ½ turn right stepping back on left
35 On ball of left make ¼ turn right stepping right to right side
36 Touch left beside right, clapping hands
37 Step left ¼ turn on left
38 On ball of left make ½ turn left stepping back on right
39 On ball of left make ¼ turn left stepping left to left side
40 Touch right beside left, clapping hands

¼ TURNING RIGHT SHUFFLE, PIVOT ½ TURN RIGHT, LEFT SHUFFLE, STOMPS

41&42 Step right ¼ turn right shuffling forward on a right left right
43-44 Step forward on left, pivot ½ turn right
45&46 Shuffle forward on a left right left
47-48 Stomp right to right side, stomp left to left side

REPEAT