

# Strong Enough

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Nigel Payne (UK) & Barbara Payne (UK)  
音樂: Strong Enough - Cher



Start dance on the word Strong as she sings "Cause I'm strong enough" (About 40 seconds into track)

## CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

1-2            Cross rock right over left, recover back onto left  
3&4           Step right to right side, step left beside right, step right to right side  
5-6           Cross rock left over right, recover back onto right  
7&8           Step left to left side, step right beside left, step left to left side

## CROSS UNWIND, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

9-10           Cross right over left, unwind full turn left, (weight ends on left foot)

### Easy opt for counts 9-10, touch right across left, point right to right side

11&12        Cross right over left, step left to left side, cross right over left  
13-14        Rock left to left side, recover back onto right  
15&16        Cross left over left, step right to right side, cross left over right

## SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE

17-18        Skate forward on right, skate forward on left  
19&20        Right shuffle forward stepping right, left, right  
21-22        Skate forward on left, skate forward on right  
23&24        Left shuffle forward stepping left, right, left

## ROCK STEP, TRIPLE ¾ RIGHT, ROCK STEP, COASTER STEP

25-26        Rock forward onto right, recover back onto left  
27&28        Turn ¾ right stepping right, left, right  
29-30        Rock forward onto left, recover back onto right  
31&32        Step back on left, step right beside left, step forward on left

Coaster can be replaced with triple full turn left

Restart dance from here on wall 4

## PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, CROSS SHUFFLE

33-34        Step forward on right, pivot ½ turn left, (weight ends on left)  
35&36        Right shuffle forward stepping right, left, right  
37-38        Step forward on left, pivot ¼ turn right, (weight ends on right)  
39&40        Cross left over right, step right to right side, cross left over right

## STEP, CLAP, & STEP, CLAP, BACK ROCK, CHASSE LEFT

41-42        Step right to right side, clap  
&43        Step left beside right, step right to right side, (weight ends on right)  
44            Clap  
45-46        Rock back on left, recover onto right  
47&48        Step left to left side, step right beside left, step left to left side

## CROSS STRUT, SIDE STRUT, CROSS STRUT, TOE STRUT WITH ¼ TURN LEFT

49-50        Cross right toe over left, drop right heel  
51-52        Step left to left side on toe, drop left heel  
53-54        Cross right toe over left, drop right heel  
55-56        Step ¼ turn left on left toe, drop left heel, (weight on left)

**Arms: on toe struts swing arms to right, left, right, & then in front as you turn with finger clicks**

**PIVOT ½ TURN, SHUFFLE, ROCK STEP, COASTER STEP**

57-58 Step forward on right, pivot ½ turn left, (weight on left)

59&60 Right shuffle forward stepping right, left, right

61-62 Rock forward onto left, recover back onto right

63&64 Step back on left, step right beside left, step forward on left

**Note: coaster can be replaced with triple full turn left**

**REPEAT**

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