

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
