

# The Strong One

**COPPER** KNOB  
STEPSHETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Hilary Gatehouse (CAN)  
音樂: The Strong One - Kelita



## STRUTS FORWARD

1-2      Step right heel forward, drop right toes  
3-4      Step left heel forward, drop left toes

## SHUFFLES FORWARD

5&6      Shuffle forward: right, left, right  
7&8      Shuffle forward: left, right, left

## ROCK-STEPS

9-10      Rock forward on right foot, step in place on left foot  
11-12      Rock back on right foot, step in place on left foot

## ROCK-STEP, ½ TURN, STEP FORWARD

13-14      Rock forward on right foot, step in place on left foot  
15-16      Step back ½ turning to the right onto the right foot (use ball of left foot to help you pivot), step forward on left foot

## STEP FORWARD, ½ TURN; STEP FORWARD, ¾ TURN

17-18      Step forward on right foot, step ½ turn to the left on left foot  
19-20      Step forward on right foot, step ¾ turn to the left on left foot

## SIDE SHUFFLE RIGHT, ROCK-STEP

21&22      Side shuffle to the right: right, left, right  
23-24      Rock back on left, step in place on right

## SIDE SHUFFLE TO THE LEFT, ROCK-STEP

25&26      Side shuffle to the left: left, right, left  
27-28      Rock back on right, step in place on left

## STEP FORWARD, ½ TURN; STEP FORWARD, ½ TURN

29-30      Step forward on right foot, step ½ turn to the left on left foot  
31-32      Step forward on right foot, step ½ turn to the left on left foot

## REPEAT

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