

Tough Enough

拍數: 56 牆數: 0 級數:
編舞者: Unknown
音樂: The Boys & Me - Sawyer Brown



2 MONTEREY TURNS

- 1 Right toe touch to the right
- 2 Left foot pivot $\frac{1}{2}$ turn to the right and then right foot step to close to left foot
- 3 Left toe touch to the left
- 4 Left foot step to close to right foot
- 5 Right toe touch to the right
- 6 Left foot pivot $\frac{1}{2}$ turn to the right and then right foot step to close to left foot
- 7 Left toe touch to the left
- 8 Left foot step to close to right foot

STEPS AND CLAP

- 9 Right foot step forward slightly
- & Left foot step to close to right foot
- 10 Hold and clap
- 11 Right foot step backward slightly
- & Left foot step to close to right foot
- 12 Hold and clap

PIVOTS

- 13 Left toe and right heel pivot $\frac{1}{8}$ turn to the right
- & Left toe and right heel pivot $\frac{1}{8}$ turn to the left
- 14 Left toe and right heel pivot $\frac{1}{8}$ turn to the right
- & Left toe and right heel pivot $\frac{1}{8}$ turn to the left

VINE TO THE RIGHT

- 15 Right foot step to the right
- 16 Left foot step behind right leg to the right
- 17 Right foot step to the right
- 18 Left toe touch to close to the right

2 MONTEREY TURNS

- 19 Right toe touch to the right
- 20 Left foot pivot $\frac{1}{2}$ turn to the right and then right foot step to close to left foot
- 21 Left toe touch to the left
- 22 Left foot step to close to right foot
- 23 Right toe touch to the right
- 24 Left foot pivot $\frac{1}{2}$ turn to the right and then right foot step to close to left foot
- 25 Left toe touch to the left
- 26 Left foot step to close to right foot

STEPS AND CLAP

- 27 Right foot step forward slightly
- & Left foot step to close to right foot
- 28 Hold and clap
- 29 Right foot step backward slightly
- & Left foot step to close to right foot

30 Hold and clap

PIVOTS

31 Left toe and right heel pivot 1/8 turn to the right
& Left toe and right heel pivot 1/8 turn to the left
32 Left toe and right heel pivot 1/8 turn to the right
& Left toe and right heel pivot 1/8 turn to the left

VINE TO THE LEFT

33 Left foot step to the left
34 Right foot step behind left leg to the left
35 Left foot step to the left
36 Right toe touch to close to the left

SYNCOPATED KICK-BALL-CHANGE, TOUCH

37-38 Right foot kick forward, ball of right foot step to close to left foot, and left foot step in place
39 Right heel touch forward
40 Right foot step to close to left foot

SYNCOPATED CHA-CHA STEPS, ½ TURN TO THE RIGHT

41-42 Right foot step forward, left foot step forward, and right foot step forward
43 Left foot step forward
44 Toes pivot ½ turn to the right

SYNCOPATED KICK-BALL-CHANGE, TOUCH

45-46 Left foot kick forward, ball of left foot step to close to right foot, and right foot step in place
47 Left heel touch forward
48 Left foot step to close to right foot

SYNCOPATED CHA-CHA STEPS, ½ TURN TO THE RIGHT

49-50 Left foot step forward, right foot step forward, and left foot step forward
51 Right foot step forward
52 Toes pivot ¼ turn to the left

JAZZ BOX TO THE LEFT

53 Right foot step in front of left leg to the left
54 Left foot step backward
55 Right foot step to the right
56 Left foot step to close to the right foot

REPEAT
