

Tough Enough

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Diana Pushkina (FIN)
音樂: She's Tough - Chris LeDoux



SIDE CHA-CHAS & ROCK STEPS BEHIND

- 1&2 Left step to left, right cross behind left, left step to left
- 3 Right rock step behind left
- 4 Left rock step across right
- 5&6 Right step to right, left cross behind right, right step to right
- 7 Left rock step behind right
- 8 Right rock step across left

¼ TURNS, CHA-CHA & TOUCH BALL CHANGE WITH STEP ACROSS

- 1 Left step to left with ¼ turn to left
- 2 Drag right behind left
- 3-4 Left-right-left cha-cha forward with ¼ turn to left
- 5 Touch right heel to right
- & Right step slightly behind left
- 6 Left step across right
- 7 Right rock step to right
- 8 Left rock step back in place

STRUTS TOE-HEEL & SIDE ROCK STEPS

- 1-2 Step right toe across left, drop right heel
- 3-4 Left side rock step, right rock step back in place
- 5-6 Step left toe across right, drop left heel
- 7-8 Right side rock step, left touch together (weight on right)

SYNCOPATED STEPS, ROCK STEPS, KICKS & CHA-CHA IN PLACE

- & Jump/ step left in place
- 1-2 Right rock step across left, left rock step back
- & Jump/ step right in place
- 3-4 Left rock step across right, right rock step back
- & Step left in place
- 5-6 Right kick across left, right sidekick to right
- 7-8 Cha-cha in place right-left-right

REPEAT

TAG

After wall 2

DIG TWIST STEPS (AFTER DANCING THE ABOVE STEPS TWICE)

- 1 Twist left heel to left with rolling hips, twist right toe while lifting right knee & heel
- 2 Drop right heel down
- 3 Twist right heel to left with rolling hips, twist left toe while lifting left knee & heel
- 4 Drop left heel down

Repeat the last 1-4 steps (on the last 4 weight on right)