

Tough Enough!!!

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Brocklesby (NZ)
音樂: When the Going Gets Tough - Boyzone



STEP RIGHT TO RIGHT SIDE, TOUCH LEFT, SHOULDERS UP&DOWN

- 1 Step right to right side
2 Touch left beside right being left hand in line with chest palm facing down

Leave left hand in last position. Leave right hand straight down next to right hip

- 3 Rise right shoulder dropping left shoulder
& Rise left shoulder dropping right shoulder
4 Rise right shoulder dropping left shoulder

LEFT TO LEFT SIDE, TOUCH RIGHT, SHOULDERS UP&DOWN

- 5 (Drop both hands down beside hips) step left to left side
6 Touch right beside left being right hand in line with chest palm facing down

On 7&8 leave right hand in last position. Leave left hand straight down next to left hip

- 7 Rise left shoulder dropping right shoulder
& Rise right shoulder dropping left shoulder
8 Rise left shoulder dropping right shoulder

WALK FORWARD RIGHT-LEFT, OUT, OUT, IN, IN, SHOULDERS RIGHT-LEFT-RIGHT

- 9-10 Walk forward right, walk forward left
11-12 Step right out to right side, step left out to left side
13-14 Step right in place, step left in place

Leave both hand down beside hips, both fists closed

- 15 Rise left shoulder dropping right shoulder
& Rise right shoulder dropping left shoulder
16 Rise left shoulder dropping right shoulder

WALK FORWARD RIGHT-LEFT, OUT, OUT, IN, IN, SHOULDERS RIGHT-LEFT-RIGHT

- 17-18 Walk back right, walk back left
19-20 Step right out to right side, step left out to left side
21-22 Step right in place, step left in place

Leave both hand down beside hips, both fists closed

- 23 Rise left shoulder dropping right shoulder
& Rise right shoulder dropping left shoulder
24 Rise left shoulder dropping right shoulder

STEP ¼, SLIDE X4 (NO WEIGHT CHANGES)

- 25-26 Take a big step to right side making a ¼ turn left, slide left up to right (weight is still on right)
27-28 Take a big step to left side making a ¼ turn left, slide right up to left (weight is still on left)
29-30 Take a big step to right side making a ¼ turn left, slide left up to right (weight is still on right)
31-32 Take a big step to left side making a ¼ turn left, slide right up to left (weight is still on left)

REPEAT