

Is It Strong Enough?

拍數: 64 牆數: 1 級數: Improver rumba
編舞者: Lisa Ferguson (UK)
音樂: Strong Enough - Alan Jackson



RIGHT VINE, SCUFF, LEFT VINE, SCUFF

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, scuff left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, scuff right

RUMBA BOX

1-2 Step right to right side, step left beside right
3-4 Step back right, hold
5-6 Step left to left side, step right beside left
7-8 Step left forward, hold

¼ TURN LEFT, TOUCH, ¼ TURN LEFT, TOUCH, STEP, TOUCH, STEP, TOUCH

1-2 Step right ¼ turn left, touch left beside right
3-4 Step left ¼ turn left, touch right beside left
5-6 Step right to right side, touch left beside right
7-8 Step left to left side, touch right beside left

RIGHT VINE, LEFT VINE

1-2 Step right to right side, cross left behind right
3-4 Step right to right side, scuff left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, scuff right

DIAGONAL CROSS ROCK LEFT, RIGHT

1-2 Cross right over left rocking forward onto right, replace weight onto left
3-4 Rock forward onto right, scuff left
5-6 Cross left over right rocking forward onto left, replace weight onto right
7-8 Rock forward onto left, scuff right

WALK BACK RIGHT, LEFT, RIGHT, KICK, SLOW COASTER STEP, SCUFF

1-2 Step back right, step back left
3-4 Step back right, kick left forward
5-6 Step back left, step right beside left
7-8 Step forward left, scuff right

¼ TURN LEFT, TOUCH, ¼ TURN LEFT, TOUCH, STEP, TOUCH, STEP, TOUCH

1-2 Step right ¼ turn left, touch left beside right
3-4 Step left ¼ turn left, touch right beside left
5-6 Step right to right side, touch left beside right
7-8 Step left to left side, touch right beside left

ROCKING CHAIR, STOMP, STOMP, PIGEON TOES

1-2 Rock forward on right, replace weight onto left
3-4 Rock back on right, replace weight onto left
5-6 Stomp right beside left, stomp left beside right

7-8

Keeping toes together split heels apart, bring heels together

REPEAT
