# Stronger Faster



編舞者: Christopher Petre (USA) - September 2007

音樂: Stronger (feat. Daft Punk) - Kanye West : (CD: Graduation)



Special note: the intro is only 8 counts before the lyrics.

#### [1-8] STEP, KNEE POP, AND POINT, 1/4 L STEP, HITCH, TOUCH, 1/2 R TURN AND TOUCH

1 Place R to right side (don't weight foot)

#### Hold left hand in front, palm down and R hand at side, palm down

&2 "Pop" R knee & shoulder lifting R heel (R toe pushes into floor) & raising R shoulder up to ear

then drop heel and shoulder but keep your weight on the left foot

#### As you pop knee push L palm down; R hand should lift as you raise R shoulder

&3 Step R next to L, point L toe to left side

4,5 Turning ¼ left (9:00) step onto L, hitch R knee forward

Touch R toe back, keeping weight on L pivot ½ right (3:00), point R toe forward

Bend forward as you touch toe back extending arms bent at elbow...think "robot" (6), Drop arms and bend over at waist as you turn (&), rise up and extend arms (7)

&8 Step R next to L, touch L toe back,

Bend deeply forward in a chopping motion as you touch toe back

#### [9-17] ½ L TURN, STEP PIVOT ¾ L, CHASSE, X ROCK & SIDE, FULL TURN SWEEP-OUT-OUT

1 Turn ½ left (9:00) stepping onto L (remain bent over as you turn for count 1)

Step forward on R, pivot turn ¾ left (12:00) stepping onto L
 Step R to right side, step together on L, step R to right side
 Cross rock L over R, recover weight onto R, step L to left side

8&1 Keeping weight on left pivot one full turn left (12:00) sweep R around touching R toe next to

L, step R out to right, step apart on L

Or simply leave out the turn and touch together (8) and then step out-out

#### [18-25] KNEE IN-OUT, ½ R STEP, POINT, ¼ R STEP, HITCH ½ R, BACK, COASTER STEP

Lurn R knee in lifting heel, turn R knee out stepping R in place

3,4 Keeping weight on R pivot ½ right (6:00) stepping L to left side, cross point R toe over L

### As you point bring left arm across chest and point with right hand to right (9:00)

5 Turning ¼ right (9:00) step forward on R

6&7 Hitch L knee, keeping weight on R turn ½ right (3:00), step back on L

Push arms forward as you step back on count 7

8&1 step back on R, step together on L, place R forward without weight

## [26-32] KNEES POP, BALL-BACK, POINT & POINT, QUARTER, HALF, BEGIN SAILOR

Lifting onto the balls of feet pop both knees forward shrugging shoulders, then drop heels

and shoulders; your weight is on your left foot

#### Extend hands forward at waist level palms down; they'll raise up-down as you shrug your shoulders

&3 Step together on R, turn ½ left (12:00) stepping L to left side

4&5 Point R toe out to right side, hitch R knee, point R toe out to right side

Turning ¼ right (3:00) step forward on R, turning ½ right (9:00) step back on L

Step R behind L, step L to left side (the end of this sailor is count 1 of the dance)

#### Repeat