

Stronger

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK) - May 2008
音樂: Strong - Sanna Nielsen : (Album: Stronger - 3:39)



Intro : 48 counts – (28secs.) (Anti-Clockwise Rotation) - Start wall (12.00)

WEAVE LEFT, RIGHT VAUDEVILLE, TOGETHER, LEFT CROSS, BACK, FULL HEEL SPIN RIGHT, RIGHT HEEL JACK, TOGETHER, LEFT TOUCH

1&2& Cross right over left, Step left to left side, Cross right behind left, Step left to left side (12.00)

3&4 Tap right heel forwards on right diagonal, Step right next to left, Cross left over right

&5 Step back on right, Dig left heel forward making full heel turn right (12.00)

(The right foot stays off the ground during this turn)

6&7 Step back on right, Step left next to right, Tap right heel forward (12.00)

&8 Step right next to left, Touch left toe next to right

(Easy Option: Replace count 5 with a left heel grind on the spot)

OUT – OUT, LEFT CROSS HITCH, TOGETHER, STEP, 1/2 PIVOT LEFT, TOGETHER, WALKS L, R, FULL TURN RIGHT, STEP LEFT FORWARD

&1,2 Step out to left side, Step out to right side, Hitch left knee across right

&3,4 Step left beside right, Step forward on right, 1/2 pivot turn left (6.00)

&5,6 Step right next to left, Walk forward on left, Walk forward on right

7&8 (Moving forward slightly) Make 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right, Step forward on left (6.00)

ROCK, RECOVER, COASTER 1/4 RIGHT, TOGETHER, ROCK, RECOVER, FULL TRIPLE RIGHT

1,2 Rock forward on right, Recover onto left

3&4 Step back onto right, Step left next to right, Make 1/4 turn right stepping forward on right (9.00)

&5,6 Step left next to right, Rock forward onto right, Recover onto left

7&8 Make full triple turn right (R, L, R) (Place weight firmly on right)

SIDE SWITCHES, TOGETHER, LEFT KICK & TOUCH, TOGETHER, SIDE ROCK, RECOVER, LEFT SAILOR

1&2 Point left to left side, Step left next to right, Point right to right side

&3 Step right to right next to left, Kick left foot forward

&4 Step left next to right, Touch right toe next to left

&5,6 Step right next to left in place, Step left to left side rocking out to left, Recover onto right

7&8 Cross left behind right, Step right to right side, Step left to left side (9.00)

Start again

Ending:

At the end of the song the music changes and you will know it is reaching the end.

On counts 31&32.....Make a 1/2 sailor turn to the left to finish at the front.

Stomp forward on the right.