

# You've Made Me Stronger

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: E-Winson - April 2011  
音樂: You've Made Me Stronger - Regine Velasquez



**Intro: 8 counts from heavy beats , start on lyrics “ Is it hard to believe ... ”**

## **Step , Back Rock , Recover , Chasse , Lock , Full Turn , Rock , Recover**

1-3            Step right foot to right side , rock left foot behind right foot , recover weight on right foot  
4&5           Step left foot to left side , step right foot next to left foot , step left foot to left side  
6-7           Lock/Cross right foot behind left foot , unwind full turn right ( both feet together )  
8&            Rock left foot to left side , recover weight on right foot

## **Cross , Step , Together , Chasse ¼ , Forward Mambo , Sailor ¼**

1-3            Cross left foot over right foot , step right foot to right side , close left foot next to right foot  
4&5           Step right foot to right side , close left foot next to right foot , turn ¼ right stepping right foot forward  
6&7           Rock left foot forward , recover weight on right foot , step left foot beside right foot  
8&            Turn ¼ right crossing right foot behind left foot , step left foot in place

## **Forward , Rock , Recover , Sailor Cross , Sweep , Cross , Chasse**

1-3            Step right foot forward \*\*\*, rock left foot to left side , recover weight on right foot  
4&5           Cross left foot behind right foot , step right foot to right side , cross left foot over right foot  
6-7           Ronde/Sweep right foot from back to front , cross right foot over left foot  
8&            Step left foot to left side , close right foot next to left foot

## **Step , Toe Turn ½ , Shuffle Forward , Rock , Recover , ¼ Rock , Recover , Back Rock , Recover**

1-3            Step left foot to left side , touch right foot back , turn ½ right stepping right foot in place ( Unwind ½ turn right )  
4&5           Step left foot forward , step right foot next to left foot slightly right foot behind left foot , step left foot forward  
6&            Rock right foot forward , recover weight on left foot  
7&            Turn ¼ right rocking right foot to right side , recover weight on left foot  
8&            Back rock right foot behind left foot , recover weight on left foot

## **Tag**

**On wall 4 , dance until count 17 ( \*\*\* ) , then add :**

1-3            Step left foot to left side bump hips to left , right , left

**End of wall 8 , add :**

## **Step right foot to right side**

2&3           Back rock left foot behind right foot , recover weight on right foot , step left foot to left side  
4            Touch right toes beside left foot