

Stronger

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - October 2011
音樂: What Doesn't Kill You (Stronger) - Kelly Clarkson



Start after 16 counts on vocals – [3:44 – 116BPM]

Note: 1st 3 walls of the dance will be front, front, back because of the tag

[1-8] R fwd, R full spiral turn, R fwd shuffle, L fwd rock/recover, L shuffle back

1-2 Step R forward, step L forward into full R spiral turn (EZ option – step L fwd)
3&4 Step R forward, step L together, step R forward
5-6 Rock L forward, recover weight on R
7&8 Step L back, step R together, step L back (Harder option – L full turn shuffle back)

[9-16] R & L apart, R knee pop in, R ball cross side, ¼ L & L side, R knee pop in, R ball cross side

&1-2 Step R back, step L apart, pop R knee in (weight on L)
&3-4 Step R back, cross step L over R, step R side
5-6 Turning ¼ left step L side, pop R knee in (weight on L) (9 o'clock)
&7-8 Step R back, cross step L over R, step R side

[17-24] L diagonal back rock/recover, ½ R shuffle, ½ R shuffle, ½ R & walk back 2

1-2 Turning to left diagonal rock L back, recover weight on R (7 o'clock)
3&4 Turning ½ right step L back, step R together, step L back (towards diagonal)
5&6 Turning ½ right step R forward, step L together, step R forward (towards diagonal)
7-8 Turning ½ right step L back, step R back (1 o'clock)

EZ option: L diagonal back rock/recover, turning ½ right L shuffle back, R shuffle back, step back L, step back R

[25-32] L coaster step, R cross point, L & R fwd samba steps

1&2 Still on R fwd diagonal: step L back, step R together, step L forward (1 o'clock)
3-4 Cross step R over L, point L side
5&6 Cross step L over R, rock R side, step L forward
7&8 Cross step R over L, rock L side, step R forward

[33-40] L jazz ball cross squaring to front, R behind-side-cross, L side rock/recover

1-2 Cross L over R, step R back
&3-4 Step L side squaring to front wall, cross step R over L, step L side (12 o'clock)
5&6 Cross step R behind L, step L side, cross step R over L
7-8 Rock L side, recover weight on R

[41-48] ¼ L toaster, R fwd, ¼ L pivot turn, ½ L shuffle, ½ L shuffle

1&2 Turning ¼ left step L back, step R together, step L forward (9 o'clock)
3-4 Step R fwd, pivot ¼ left (6 o'clock)
5&6 Turning ½ left step R back, step L together, step R back
7&8 Turning ½ left step L forward, step R together, step L forward (6 o'clock)

EZ option – 5&6, 7&8: R fwd shuffle, L fwd shuffle

RESTART HERE on walls 3 & 5 facing front wall. FINAL WALL dance will end here too.

NOTE: You will NEVER do the next 16 counts when the dance starts facing the back wall.

[49-56] R jazz ball cross, step R side R, ¼ L side rock/recover, L sailor

1-2 Cross step R over L, step L back
&3-4 Step R side, cross step L over R, step R side
5-6 Turning ¼ left rock L side, recover weight on R (3 o'clock)

7&8 Cross step L behind R, step R side, step L side

[57-64] R jazz ball cross, step R side R, ¼ L toaster, R fwd, ½ L pivot turn

1-2 Cross step R over L, step L back

&3-4 Step R side, cross step L over R, step R side

5&6 Turning ¼ left step L back, step R together, step L forward (12 o'clock)

7-8 Step R forward, pivot ½ left (6 o'clock)

TAG: END OF WALL 1: Add following 4 count tag:

1-2 Step R forward, pivot ½ left (12 o'clock)

&3-4 Step R forward and out, step L apart (weight ends on L), hold
