

Makes You Stronger

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mary Squillace (AUS) - May 2012
音樂: Stronger - Kelly Clarkson : (CD: Stronger)



Section 1: Cross Rock, Side Shuffle Right, Cross Rock, Walk Back 45 Degree Angle R stepping L, R

1,2,3 &4 Weight on L, cross rock R over L, recover, side shuffle to R, stepping R, L, R
5,6,7,8 Cross rock L over R, recover, on 45 degree angle R, walk back L,R (2.00)

Section 2: Left Coaster, Right Shuffle Forward 45 Degree Angle R, ½ Turning Shuffle Left, Rock Back, Recover

1&2,3&4 L coaster back L,R, L, R shuffle Fwd on 45 degree angle R stepping R,L,R (2.00)
5&6,7,8 Turning ½ turn to R, shuffle back L,R,L, rock R back , recover still on 45 degree angle R (8.00)

Section 3: R Cross Samba, Left Cross Samba, Cross, Step Back, Syncopate Left Over Right, Turning to side wall Step Side

1&2,3&4 Samba R,L,R, Samba L,R,L on 45 degree angle R
5,6 Cross R over L, Step Back on Left, (8.00)
&7,8 Syncopate Step R back, cross L over R, Step R to R straightening direction to face (9.00)

Section 4: Left Kick Ball Change X 2 Side Touch, Hold X 2

1&2,3&4 Travelling fwd, kick L fwd ball change, kick L fwd ball change
5,6&7,8 Touch L out to L, hold, syncopate step L to centre, touch R to R, hold (9.00)

Section 5: Kick And Touch X 2, Behind Side Cross, Step ¼ turn to R

1&2, Kick R fwd, syncopate, stepping R together, touch L to L side,
3&4 Kick L fwd, syncopate, stepping L together, touch R to R side
5&6 Step R behind L, step L to L step R over L
7,8 Step fwd on L, 1/4 turn to R (12:00)

Section 6: L Shuffle Fwd, Triple Turn, Rock Fwd, Back, Lock Back

1&2,3&4 Travelling fwd, shuffle L,R,L, full turn to L stepping R,L,R,
5,6,7&8 Rock fwd on L, recover, Step back on L, cross R over L, step back on L (12.00)
(Restart**)

Section 7: Syncopate Out, Out, Hold, Syncopate L Over R, Step R to R, Left Sailor 1/4, Step 1/4

&1,2 Syncopate stepping R out to R, L out to L, hold
&3,4 Syncopate R to centre, cross L over R, step R to R
5&6, Step L behind R ¼ turning L, step R to R, step L to L (9.00)
7,8 Step fwd on R ¼ turn to L (6:00)

Section 8: Cross Rock, and Cross Rock, Across And Heel, Across And Heel, Syncopate L To Centre

1,2&3,4 Cross rock R over L, recover, syncopate R to centre Cross rock L over R, recover
&5&6 Syncopate L to centre, cross R over L, syncopate L back 45 degree to L, place R heel 45 degree to R
&7&8&8 Syncopate R to centre, cross L over R, syncopate R back 45 degree to R, place L heel 45 degree to L, syncopate L to centre (6.00) *Tag

Tags: On End of Wall 1: Dance sections 1 – 8, then add the following 4 Counts (6:00) (see*Tag)

1,2,3,4 Step fwd on R, ½ pivot turn L, step fwd on R, ½ pivot turn L

Restarts:

Restart dance on Wall 3 after count 48 (see **)

Restart dance on Wall 5 after count 48 (see **)

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