

Tough

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gordon Elliott (AUS) - August 2013
音樂: Tough - Kellie Pickler : (Album: Tough Single.)



Original Position: Feet Together Weight On The Left Foot.

This dance is done in FOUR directions. Introduction : 16 Beats

COASTER CROSS, SIDE-ROCK-ACROSS. SIDE SHUFFLE 1/4 TURN, QUICK PADDLE-ACROSS

1 & 2 Coaster: Step R Back, Step L Together, Step R Across In Front Of Left
3 & 4 Step L To The Side, Side Rock Onto R, Step L Across In Front Of Right,
5 & 6 Side Shuffle Right Turning 90deg Right Step : R-L-R,
7 & Paddle : Step L Forward, Turn 90deg Right Take Weight Onto R,
8 Step L Across In Front Of Right.

SIDE SHUFFLE, ACROSS-ROCK-1/4 FORWARD, FULL TRIPLE FORWARD, MAMBO FORWARD

1 & 2 Side Shuffle To The Right Step : R-L-R,
3 & 4 Step L Across In Front Of Right, Rock Onto R, Turn 90deg Left Step L Forward,
5 & 6 Turn 180deg Left Step R Back, Turn 180deg Left Step L Forward, Step R Forward,
7&8 Step L Forward, Rock Back Onto R, Step L Together. ##

HEEL & HEEL & FORWARD, ROCK, FULL TRIPLE BACK, COASTER STEP

1 & Touch R Heel Forward, Step R Together,
2 & Touch L Heel Forward, Step L Together,
3, 4 Step R Forward, Rock Back Onto L,
5 & 6 Travel Back Turning 360deg Right Triple Step : R-L-R,
7 & 8 Coaster : Step L Back, Step R Together, Step L Forward.

KICK BALL STEP-OUT-OUT, CLAP & ACROSS, CLAP, 1/2 UNWIND, KICK

1 & 2 Kick R Forward, Step R Together, Step L Forward,
& 3,4 Step R To The Side, Step L To The Side, Hold & Clap,
& 5, 6 Step L To The Centre, Step R Across In Front Of Left, Hold & Clap,
7, 8 Turn 180deg Left Unwind Take Weight Onto L, Kick R Forward.

[32]REPEAT THE DANCE IN NEW DIRECTION

RESTART: On WALL 4 dance to BEAT 16 (##) then RESTART the dance FACING the BACK

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