

Gotta Be Strong

拍數: 32 牆數: 1 級數: Improver
編舞者: Javier Rodriguez Gallego (ES) - November 2013
音樂: No Man's Land - John Michael Montgomery



Dedicated to Mora d'Ebre and La Torre Dancers.

WALK x 3, 1/8 TURN, FORWARD LOCK STEP, FORWARD ROCK, COASTER STEP

- 1 .- Step right forward
- 2 .- Step left forward
- 3 .- Step right forward
- 4 .- 1/8 turn right, step left forward
- & .- Lock right behind left
- 5 .- Step left forward
- 6 .- Rock forward on right
- 7 .- Recover onto left
- 8 .- Step right back
- & .- Step left beside right

1/8 TURN, FORWARD ROCK STEP, SHUFFLE 1/2 TURN, 1/4 TURN, FORWARD ROCK, SWEEP, BACK LOCK STEP

- 1 .- Step right forward
- 2 .- 1/8 turn right, rock forward on left
- 3 .- Recover onto right
- 4 & 5 .- Shuffle step 1/2 turn left, stepping: left, right, left
- 6 .- 1/4 turn left, rock forward on right
- 7 .- Recover onto left, starting sweep with right foot, from front to back
- 8 .- Step right back
- & .- Lock left over right

STEP, SWEEP, STEP x 2, COASTER STEP, SKATE x 2, FORWARD LOCK STEP

- 1 .- Step right back, starting sweep with left foot, from front to back
- 2 .- Step left back
- 3 .- Step right back
- 4 .- Step left back
- & .- Step right beside left
- 5 .- Step left forward
- 6 .- Skate right forward
- 7 .- Skate left forward
- 8 .- Step right forward
- & .- Lock step behind right

FORWARD ROCK, SHUFFLE 1/2 TURN, 1/4 TURN, FORWARD ROCK, 1/4 TURN SWEEP, SAILOR STEP

- 1 .- Step right forward
- 2 .- Rock forward on left
- 3 .- Recover onto right
- 4 & 5 .- Shuffle step 1/2 turn left, stepping: left, right, left
- 6 .- 1/4 turn left, rock forward on right
- 7 .- 1/4 turn right, recover onto left, starting sweep with right foot, from front to back
- 8 .- Step right behind left
- & .- Lf step side

TAG (At the Begin, after 4th wall and at the end)

- 1 .- Step right side
- 2 .- Hold
- & .- Touch left together
- 3 .- Hold
- 4 .- Step left in place
- & .- Step right in place
- 5 .- Step left side
- 6 .- Hold
- & .- Touch right together
- 7 .- Hold
- 8 .- Step right in place
- & .- Step left in place

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