

Stamina

Count: 40

Wall: 4

Level: Intermediate

Choreographer: Christopher Petre (USA) - March 2011

Music: Stamina - Cassie : (CD: Big R & B Ego)



(1-8) Step R, Touch L, L Coaster Step, R Shuffle Step, L Side Rock-Recover-Cross

- 1,2 Step forward R, touch L toe next to R
- 3&4 Step back L, step together R, step forward L
- 5&6 Step forward R, step together L, step forward R
- 7&8 Rock to left side on L, recover weight on R, cross step L over R

(9-17) R Coaster Cross, L Chasse 1/4 L, Step-1/2L-1/4L, Behind-Side-Cross, and Cross

- 1&2 Step back R, step together L, cross step R over L
- 3&4 Step L to left side, step together R, turn 1/4 left (9:00) step forward L
- 5&6 Step forward R, turn 1/2 left (3:00) stepping on to L, turn 1/4 left (12:00) stepping R to right side
- 7&8&1 Step L behind R, step R to right side, cross step L over R, step R to right side, cross step L over R

(18-24) 1/4 R Step R, Step-1/2R-1/4R, R Sailor Step, L Coaster 1/4L

- 2 Turn 1/4 right (3:00) step forward R
- 3&4 Step forward L, turn 1/2 right (9:00) stepping on R, turn 1/4 right (12:00) stepping L to left side
- 5&6 Step R behind L, step L to left side, Step R to right side
- 7&8 Turn 1/4 left (9:00) stepping back L, step together R, step forward L

(25-32) R Shuffle, L Rock, Recover, L Coaster Step 1/2 L, Out-Out, Knee Pop (Tuck)

- 1&2 Step forward R, step together L, step forward R
- 3,4 Rock forward on L, recover back on the right foot
- 5&6 Turning 1/2 left (3:00) step back on L, step together R, step forward L
- &7,8 Step R to right side, step L to left side, lift R heel popping R knee and tuck against L leg

(one restart here-during the 3rd wall, will be facing 9:00)

(33-40) Knee Roll R & L, R Coaster, Step Pivot 1/2R, Chase Turn 1/2 R

- 1,2 Roll R knee outwards stepping on R, roll L knee outwards stepping on L
- 3&4 Step back R, step together on L, step forward R
- 5,6 Step forward on L, turn 1/2 right (9:00) step forward on R
- 7&8 Step forward on L, turn 1/2 right (3:00) step forward on R, step forward on L

Repeat

One restart during 3rd wall after count 32

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