Strong & Sweet

Count: 36

Level: Improver

Choreographer: Ann-Jeanett Ramsvatn (DK) - July 2021

Music: Honey Jack - Madeline Merlo

Intro: 16 Counts after She says "Here We Go". Section 1: Out Out, Swivel, Coaster Step, Prissy Walks 1-2 Step out on R, Step out on L 3&4 Swivel both feet in (heel toe heel) 5&6 Step back on L, Step R beside L, Step fwd on L 7-8 Step R fwd crossed over L, Step L fwd crossed over R Restart wall 3 Section 2: Heel Hook Heel, Hitch, Back Hitch x2, Coaster Step, Mambo 1/4 Turn. 1&2& R heel fwd, Hook R over L, R heel fwd, Hitch R knee 3&4& Step back on R, Hitch L Knee, Step back on L, Hitch R knee 5&6 Step back on R, Step L beside R, Step fwd on R 7&8 Rock fwd on L, Recover on R, 1/4 turn L as you step L to L side Section 3: Vaudeville x 2, Cross, Side, Behind Side Cross Cross R over L, Step L to L side, R heel diagonal, Step R beside L 1&2& 3&4& Cross L over R, Step R to R side, L heel diagonal, Step L beside R 5-6 Cross R over L, Step L to L side Step R behind L, Step L to L Side, Cross R over L 7&8 Section 4: Point & Point, Point Hitch Point, Sailor 1/4 turn, Ball Step, Scuff Hitch. 1&2& point L to L side, step L beside R, Point R to R side, Step R beside L 3&4 Point L to L side, Hitch L knee, Point L to L side 5&6 Turn 1/4 turn L stepping back on L, step R beside L, Step fwd on L &7-8 Step R beside L, Step fwd on R, Scuff R and hitch R knee **Restart wall 4** Section 5: Rocking Chair 1-4 Rock fwd on R, Recover on L, Rock back on R, Recover on L TAG: At the end of walls 1 & 6. Out Out, In In 1&2& Step out on R, Step out on L, Step back in place on R, Step back in place on L 3&4& Step out on R, Step out on L, Step back in place on R, Step back in place on L RESTART: wall 3 after Prissy walks & wall 4 after Scuff hitch (don't do the Rocking chair) ENDING: After Sailor ¼ turn, do step ½ turn L (step fwd on R, turn ½ turn L) HAVE FUN!

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Last Update - 1 September 2021



Wall: 2

l: 2