## Strong \& Sweet

Compte: 36
Mur: 2
Niveau: Improver
Chorégraphe: Ann-Jeanett Ramsvatn (DK) - July 2021
Musique: 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 ¼ 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

1\&2\& Cross $R$ over $L$, Step $L$ to $L$ side, $R$ heel diagonal, Step $R$ beside $L$
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
7\&8 Step R behind L, Step L to L Side, Cross R over L
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
$3 \& 4 \& \quad$ 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 $1 / 4$ turn, do step $1 / 2$ turn $L$ (step fwd on R, turn $1 / 2$ turn L )
HAVE FUN!
Ann-Jeanett Ramsvatn annjeanettramsvatn@gmail.com, Denmark
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