# Toughen Up



Compte: 48 Mur: 4 Niveau: Intermediate/Advanced

Chorégraphe: Sheila Vee (UK)

Musique: When the Going Gets Tough - Boyzone



#### 4 HIP BUMPS, CROSS STEP, 1/4 RIGHT COASTER

## Start with right touched beside left, facing diagonally into left corner

1-4 Hip bumps forward 4 times clicking fingers (one hand) on each beat

5-6 Cross right over left, step left to left side 7&8 1/4 turn to right while doing right coaster step

### TOE STRUTS (TWICE), JUMP FEET APART (TWICE - HALF TURN ONCE)

9-10	Touch left toe forward - as you drop heel, slide left backwards
11-12	Touch right toe forward - as you drop heel, slide right backwards

&13 Jump both feet shoulder width apart, starting left, right

&14 Jump both feet together (left, right) while turning ½ right (over right shoulder)

3.15 Jump both feet apart (left, right)3.16 Jump both feet together (left, right)

## SWIVEL TOE (TWICE), STEP HOPS BACK (TWICE), SCUFF STEPS (TWICE)

17-18 Touch right toe forward, while swiveling heel left, then center (twice)

& Step back on right toe (small step)

19 Step back left, beside right, feet slightly apart

& Step back on right toe (small step)

20 Step left back beside right

21-22 Scuff right foot through and step onto it 23-24 Scuff left foot through and step onto it

### RIGHT TOUCH, CROSS, TOUCH AND CROSS, REPEAT ON LEFT

25-26 Touch right toe out to right side, cross right over left

27 Touch right toe to right side

&28 Step back on right and cross left in front of right

& Step right beside left

29-30 Touch left toe out to left side, cross left over right

31 Touch left toe to left side

&32 Step back on left and cross right in front of left

& Step left beside right

### HEEL, TOE, ½ TURN HOOK, TOUCH STEP, STEP TOGETHER

33-34 Touch right heel forward, touch right toe back

35 ½ turn over right shoulder
36 Hook right in front of left shin

37 Step forward on right38 Touch left toe behind right

39 Step back on left40 Step right beside left

## MOVING LEFT, TOE TOUCHES, KNEE POPS (X3), STEP BEHIND, UNWIND

41 Touch left toe to left side

42 Pop left knee (pointing left knee in towards right taking weight onto it)

& Moving right across beside left

43	Touch left toe to left side
44	Pop left knee (pointing left knee in towards right taking weight onto it)
45	Touch left toe to left side
46	Pop left knee (pointing left knee in towards right taking weight onto it)
47	Touch right behind left
48	Unwind ½ turn to right

## **REPEAT**