Not Strong Enough

拍数: 68

级数: Intermediate

编舞者: Guy Dubé (CAN) & Stéphane Cormier (CAN) - November 2014

音乐: I'm Not Strong Enough to Say No - BlackHawk

Intro: \Box 32 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

[1-8] SIDE, TOGETHER, CHASSÉ R to R, CROSS ROCK STEP, CHASSÉ L in 1/4 TURN L

- 1-2 Step R to side, step L together R
- 3&4 Step R to side, step L together R, step R to side
- 5-6 Cross rock step L over R, recover on R
- Step L to side, step R together L, 1/4 turn left and step L forward 7&8

[9-16] 2X (STEP, PIVOT 1/4 TURN L), 2X (CROSS, TOUCH SIDE)

- 1-2 Step R forward, roll hips in 1/4 turn left
- 3-4 Step R forward, roll hips in 1/4 turn left
- 5-6 Cross step R over L, touch L to side
- Cross step L over R, touch R to side 7-8

[17-24]□ROCK STEP, CHASSÉ in 1/2 TURN R, ROCK STEP, CHASSÉ in 3/4 TURN L

- 1-2 Rock step R forward, recover on L
- 3&4 Chassé in 1/2 turn R with R,L,R
- 5-6 Rock step forward L, recover on R
- 7&8 Chassé in 3/4 turn left with L,R,L

[25-32]□ROCK SIDE, CROSS, TOUCH SIDE, STEP-LOCK-STEP BACK, ROCK BACK

- Rock side R, recover on L 1-2
- 3-4 Cross step R behind L, touch L to side
- 5&6 Step L back, cross step R over L, step L back
- Rock back R, recover on L 7-8

[33-40] CHASSE BACK in 1/2 TURN L, ROCKING CHAIR, COASTER CROSS

- 1&2 Chassé back in 1/2 turn left with R,L,R
- 3-4 Rock back L, recover on R
- 5-6 Rock step L forward, recover on R
- 7&8 Step L back, step R together L, cross step L over R

[41-48]□ROCK SIDE, WEAVE L, SIDE, TOGETHER, SCISSOR STEP

- 1-2 Rock side R, recover on L
- 3&4 Cross step R behind L, step L to side, cross step R over L
- 5-6 Step L to side, step R together L
- Step L to side, step R together L, cross step L over R 7&8

[49-56]□1/4 TURN L STEP BACK, TOGETHER TOUCH, 1/4 TURN L STEP SIDE, TOGETHER TOUCH, CROSS ROCK STEP, CHASSÉ R in 1/4 TURN R

- 1/4 turn left and step R back, touch L together R 1-2
- 3-4 1/4 turn left and step L to side, touch R together L
- 5-6 Cross rock step R over L, recover on L
- Chassé in 1/4 turn right with R,L,R 7&8

[57-64]□STEP , PIVOT 1/2 TURN R, CHASSE L BACK in 1/2 TURN R, ROCK BACK, KICK-BALL STEP





墙数: 4

- 1-2 Step L forward, pivot 1/2 turn right
- 3&4 Chassé back in 1/2 turn right with L,R,L
- 5-6 Rock back R, recover on L
- 7&8 Kick ball step R forward, ball R together L, step L forward

[65-68]□STEP SIDE, TOUCH TOGETHER, STEP SIDE, TOUCH TOGETHER

- 1-2 Step R to side, touch L together R
- 3-4 Step L to side, touch R together L

RESTART : At the 4th rotation of the dance, on wall 9.00, forget the counts 65 to 68 to the end of the dance. It becomes a dance of 64 counts. 68-68-68-64 until the end of the dance.

REPEAT...

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