

Making Me Strong

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver Contra
编舞者: Malene Jakobsen (DK) - May 2016
音乐: J'ai Cherché - Amir : (Album: Au Ceur De Moi - iTunes)



Intro: 32 counts, 16 sec. into track - dance begins with weight on L
If you don't want to dance contra just dance it in regular lines –

** Thank you to my good friend Chalotte for helping me out with this.

[1-8] Fwd. rock, coaster step, fwd. rock, shuffle back

1-2 (1) Rock fwd. on R (push palms of hands together with your contra dancer), (2) recover onto L 12.00
3&4 (3) Step back on R, (&) step L next to R, (4) step fwd. on R 12.00
5-6 (5) Rock fwd. on L, (6) recover onto R 12.00
7&8 (7) Step back on L, (&) step R next to L, (8) step back on L 12.00

[9-16] Step back, hold, coaster step, 1/4, samba step

1-2 (1) Step back on R (show off arms like being strong), (2) hold 12.00
3&4 (3) Step back on L, (&) step R next to L, (4) step fwd. on L 12.00
5-6 (5) Step fwd. on R, (6) turn 1/4 L 9.00
7&8 (7) Cross R over L, (&) rock L to L, (8) recover onto R (important that you travel slightly fwd.)

[17-24] Crossing toe strut, chassé, back rock, chassé

1-2 (1) Step L toes across R, (2) drop L heel 9.00
3&4 (3) Step R to R, (&) step L next to R, (4) step R to R 9.00
5-6 (5) Rock back on L, (6) recover onto R 9.00
7&8 (7) Step L to L, (&) step R next to L, (8) step L to L 9.00

[25-32] Touch, side, kick ball cross, 1/4, 1/4, recover, ball step

1-2 (1) Touch R beside L, (2) step R to R 9.00
3&4 (3) Kick L fwd., (&) step L next to R, (4) cross R over L 9.00
5-6 (5) Turn 1/4 R stepping back on L, (6) turn 1/4 R rocking R to R 3.00
7&8 (7) Recover onto L, (6) step R next to L, (8) step fwd. on L 3.00

Start again and have fun

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