Tough



拍数: 32 墙数: 2 级数: Improver

编舞者: Hiroko Carlsson (AUS) - April 2019

音乐: Tough (feat. Noah Kahan) - Quinn XCII: (iTunes)



(16 count intro)

[S1] Fwd-Heel Twist RL, Step-Pivot 1/2L, Fwd, Fwd

1&2	Step forward on R. Twist both heels to right. Recover heels to the centre
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3&4 Step forward on L, Twist both heels left, Recover heels to the centre weight ends on L

56 Step forward on R, Make a ½ turn left recover weight on L (6:00)

78 Step forward on R, Step forward on L

[S2] Side-Mambo RL, Step-Pivot 1/4L, Cross, Side

1&2	Rock/step R to right, Recover weight on L, Step R together
3&4	Rock/step L to left, Recover weight on R, Step L together
E C	Cton forward on D. Make a 1/ turn left recover weight and 1/0

Step forward on R, Make a ¼ turn left recover weight on L (9:00) 56

78 Cross R over L, Step L to left**

[S3] Behind w/Sweep, Behind-Side-Cross Rock, Side w/ 1/4R Sweep, Coaster Step

12 Step R behind L, Sweeping L around R

3&4& Step L behind R, Step R to side, Rock/cross L over R, Recover weight on L 56 Step L to side, Make a ¼ turn right on ball of left foot sweeping R around L (6:00)

7&8 Step back on R, Step L next to R, Step forward on R

[S4] Dorothy Step LR, Step-Pivot 1/4R, Coaster Step

1 2&	Step diagonally forward on L, Lock/step R behind L, Step diagonally forward on L
3 4&	Step diagonally forward on R, Lock/step L behind R, Step diagonally forward on R

56 Step forward on L, Make a ¼ turn right recover weight on R (3:00)

Step back on L, Step R next to L, Step forward on L 7&8

Repeat

Restart: Wall 2 count 16** (12:00) and Wall 6 count 16** (6:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(updated: 17/Apr/19)