

Strong Enough

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Arefen Ben Djunaed (INA) & Yana Suhendy (INA) - November 2024
音乐: Strong Enough - Cher



Sequence: A – Tag - B – B – B – B – B – A (change step) – B till music end

Intro: 18 seconds

A: 32c

I Weave, Sweap, Weave

- 1-2 Cross R over L – Step L side
- 3-4 Cross R behind L put R hand on center of chest – Sweap L from front to back put L hand together
- 5-6 Cross L behind R – Step R side
- 7&8 Cross L forward – move both hand forward – return hand back (12:00)

II Walk, Slow Pivot

- 1-2 Step R forward - Hold
- 3-4 Step L forward - Hold
- 5-6 Step R forward - Hold
- 7-8 Turn ½ left moving weight on L – hold (06:00)

III Nightclubs

- 1-2 Long Step R to side – drag L to R
- 3-4 Step L behind R – Cross R over L
- 5-6 Long Step L to side – drag R to L
- 7-8 Step R behind L – Cross L over R (06:00)

IV Rock, Switcing

- 1-2 Rock R forward – Hold
- 3-4 Recover on L – Step R together
- 5-6 Step L forward – Hold
- 7-8 Recover on R – Step L together

*change step on 2nd A

- 5-8 Touch R forward 4 times like paddle in place (06:00)

B: 32c

I Rock, Coaster Step, Rock, Coaster Turn

- 1-2 Rock R forward – Recover on L
- 3&4 Step R back – Ball L together – Step R forward
- 5-6 Rock L forward – Recover on R
- 7&8 Turn ¼ left stepping L back – Ball R together – Step L forward (09:00)

II Botafogo 2x, Paddle Turn, Hold

- 1&2 Cross R over L – Ball L side – Step R in place
- 3&4 Cross L over R – Ball R side – Step L in place
- 5-6 Turn ¼ left touching R side – Turn ¼ left touching R side
- 7-8 Turn ¼ left touvhing R side – Hold (12:00)

III Side 2x, Swivel 4x

- 1-2 Step R side – Hold
- 3-4 Step L side – Hold

5-6 Twist both feet to left – right
7-8 Twist both feet to left – right

IV Turn, Cross Shuffle, Side Close, Side Touch

1-2 Step R forward – Turn $\frac{1}{4}$ left moving weight on L
3&4 Cross R over L – Step L side – Cross R over L
5-6 Step L side – Close R together
7-8 Step L side – Touch R beside L

Tag after 1st A

1&2 Touch R side rise R hand up – Rise L hand – take both hands down

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