

Strong Enough

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Nigel Payne (UK) & Barbara Payne (UK)
音乐: Strong Enough - Cher



Start dance on the word Strong as she sings "Cause I'm strong enough" (About 40 seconds into track)

CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

- 1-2 Cross rock right over left, recover back onto left
- 3&4 Step right to right side, step left beside right, step right to right side
- 5-6 Cross rock left over right, recover back onto right
- 7&8 Step left to left side, step right beside left, step left to left side

CROSS UNWIND, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 9-10 Cross right over left, unwind full turn left, (weight ends on left foot)

Easy opt for counts 9-10, touch right across left, point right to right side

- 11&12 Cross right over left, step left to left side, cross right over left
- 13-14 Rock left to left side, recover back onto right
- 15&16 Cross left over left, step right to right side, cross left over right

SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE

- 17-18 Skate forward on right, skate forward on left
- 19&20 Right shuffle forward stepping right, left, right
- 21-22 Skate forward on left, skate forward on right
- 23&24 Left shuffle forward stepping left, right, left

ROCK STEP, TRIPLE $\frac{3}{4}$ RIGHT, ROCK STEP, COASTER STEP

- 25-26 Rock forward onto right, recover back onto left
- 27&28 Turn $\frac{3}{4}$ right stepping right, left, right
- 29-30 Rock forward onto left, recover back onto right
- 31&32 Step back on left, step right beside left, step forward on left

Coaster can be replaced with triple full turn left

Restart dance from here on wall 4

PIVOT $\frac{1}{2}$ TURN, SHUFFLE FORWARD, PIVOT $\frac{1}{4}$ TURN, CROSS SHUFFLE

- 33-34 Step forward on right, pivot $\frac{1}{2}$ turn left, (weight ends on left)
- 35&36 Right shuffle forward stepping right, left, right
- 37-38 Step forward on left, pivot $\frac{1}{4}$ turn right, (weight ends on right)
- 39&40 Cross left over right, step right to right side, cross left over right

STEP, CLAP, & STEP, CLAP, BACK ROCK, CHASSE LEFT

- 41-42 Step right to right side, clap
- 43 Step left beside right, step right to right side, (weight ends on right)
- 44 Clap
- 45-46 Rock back on left, recover onto right
- 47&48 Step left to left side, step right beside left, step left to left side

CROSS STRUT, SIDE STRUT, CROSS STRUT, TOE STRUT WITH $\frac{1}{4}$ TURN LEFT

- 49-50 Cross right toe over left, drop right heel
- 51-52 Step left to left side on toe, drop left heel
- 53-54 Cross right toe over left, drop right heel
- 55-56 Step $\frac{1}{4}$ turn left on left toe, drop left heel, (weight on left)

Arms: on toe struts swing arms to right, left, right, & then in front as you turn with finger clicks

PIVOT ½ TURN, SHUFFLE, ROCK STEP, COASTER STEP

57-58 Step forward on right, pivot ½ turn left, (weight on left)

59&60 Right shuffle forward stepping right, left, right

61-62 Rock forward onto left, recover back onto right

63&64 Step back on left, step right beside left, step forward on left

Note: coaster can be replaced with triple full turn left

REPEAT
