

Strong

Choreographed by **Magali CHABRET** (France) / June, 2008 - www.galichabret.com

Description : Improver Line Dance - 32 counts - 4 wall

<http://www.youtube.com/watch?v=-CKnXqjZ98>

Music : **Strong** by **Sanna NIELSEN** [CD : Stronger, 2008] 102 BPM, introduction 16 counts

Limbo Lady by **The DEAN BROTHERS** / 99 BPM, introduction 32 counts

Attitude by **WYNONNA** [CD : Her Story : Scenes From A Lifetime] 94 BPM, introduction 32 counts

1-8 TOE STRUT RIGHT & LEFT, RIGHT MAMBO, TOE STRUT LEFT & RIGHT, LEFT MAMBO

- 1& Touch Right toe forward - drop Right heel (taking weight)
- 2& Touch Left toe forward - drop Left heel (taking weight)
- 3&4 Rock Right to right side - recover weight onto Left - step Right beside left
- 5& Touch Left toe back - drop Left heel (taking weight)
- 6& Touch Right toe back - drop Right heel (taking weight)
- 7&8 Rock Left to left side - recover weight onto Right, step Left beside right

9-16 SIDE RIGHT, CHASSE RIGHT, ROCK LEFT, TRIPLE ½ LEFT

- 1-2 Step Right to right side - step Left beside right
- 3&4 Step Right to right side - step Left together, step RIGHT to right side
- 5-6 Rock Left forward - recover onto Right
- 7&8 Triple step in place Left, Right, Left turning 1/2 turn left **-6:00-**

17-24 BUMP X3, RIGHT COASTER STEP, BUMP X3, LEFT COASTER STEP ¼ LEFT

- 1&2 Touch Right toe forward (weight on left) with Bump hip to the Right - Bump hip to the Left - Bump hip to the Right
- 3&4 Step ball of Right back - step ball of Left beside right - step Right forward (coaster step)
- 5&6 Touch Left toe forward (weight on right) with Bump Hip to the Left - Bump hip to the Right - Bump Hip to the Left
- 7&8 1/4 turn left stepping ball of Left back - step ball of Right beside left - step Left forward (coaster step) **-3:00-**

25-32 LOCK RIGHT & LEFT, SHIMMY RIGHT & LEFT

- 1&2 Step Right forward - Lock Left behind right - step Right forward
- 3&4 Step Left forward - Lock Right behind left - step Left forward
- 5-6 Step Right to right side by shaking the shoulders - touch Left toe beside right by shaking the shoulders
- 7-8 Step Left to left side by shaking the shoulders - touch Right toe beside left by shaking the shoulders

REPEAT

Original card of the choreographer - galicountry76@yahoo.fr