

# The Stroma Dance !

LINEDANCE.COM

**Count:** —      **Wall:** —      **Level:** Advanced

**Choreographer:** Niels Poulsen, Denmark (May 10)

**Music:** Alors On Dance by Stromae








 **Intro: Start after 32 counts 32**

**The A section: SHARP MOVES! A** ( )








**Rock R Fw, Recover, Back R, Sit Back**

**R, 4 Hip Bumps, Fw L, Fw R, Lock Behind**

 ,  ,  ,   **4** ,  

**1-3**


**Rock R fw (1), recover weight back to L (2), step back on R (3) [12:00]**

 ,  ,  ( **12** )

**4&5**




**Bend in both knees and sit back on R leg lifting L heel off the floor**

**(4), push hip fw and up (&), push hip back (5) [12:00]**

 ,  ,  ( **12** )

**Styling:**

**leave L heel off the floor during all hip bumps (counts 4-7)**

 (**4-7**  ), 

**6-7**

**Push hip fw and up (6), push hip back (7) [12:00]**

 ,  ( **12** )

## 8&1

Step down and slightly fw on L (8), step fw on R (&), lock touch L

behind R (1) [12:00] □□□□ , □□□□ , □□□□□□□□ (□□ 12□□ )

□□□

Swivel ¼ L X2, Fw L, Step Lock Step,

Step ½ R, L Ball Step

□ 1/4□□ , □ , □□□ , □ □ □ , □ □ □

## 2-4

Swivel R foot ¼ L leaving L foot touched to the floor (2) repeat ¼ turn

(3), step fw on L (4) [6:00]

□□□□ 90□□□□ , □□ 90□ , □□□□ (□□ 6□□ )

## &5-6

Step fw on up on ball of R foot (&), lock L foot behind R (still

up!) (5), step fw on R (6) [6:00]

□□□□ , □□□□□□□□ , □□□□ (□□ 6□□ )

## 7-8

Step fw on L (7) turn ½ R stepping onto R (8) [12:00]

□□□□ , □□ 180□□□□ (□□ 12□□ )

## &1

Step L a small step fw (&), step fw on R (1) ... (or do a R full turn

on &1) [12:00] □□□□ , □□□□ (□□□□ ) (□□ 12□□ )

□□□

**Rock L Fw, Recover,**

**>L>L>L Coaster PlaceL>**

**>L> ,**

**Heel Swivels, L Coaster Cross**

□□ □□ , □□□ □□□ , □□□□ □□□□

**2-3**

**Rock fw on L (2), recover weight to R (3) [12:00]**

□□□□□ □□□□ , □□□□□ (□□ 12□□ )

**4&5**

**Step back on L (4), step R next to L (&), place ball of L foot fw**

**with no weight (5) [12:00]**

□□□□□ □□□□□ , □□□□□□□□ (□□□□□□□□ ) (□□ 12□□ )

**6-7**

**Swivel both heels to L side rising on balls of feet (6), swivel both heels**

**down to centre (7) [12:00]**

□□□□□□□□□□ □□□□□□□□ , □□□□□□□□ (□□ 12□□ )

**8&1**

**Step back on L (8), step R next to L (&), cross L over R (1) [12:00]**

□□□□□□□□□□ □□□□□□□□ , □□□□□□□□□□□□□□ (□□ 12□□ )

**Fun option!...The second time you**

**do the A section do up to count 5. Hold on counts 6, 7, 8 but add 4 chest**

**pops starting on count 5, 6, 7 and 8. On count 1 you step fw onto L foot and**

continue with count 2 in

the next section (26-32)

A□□□□□□□□ , □□ 5□□□□ , □□ 4□□□□□ , □ 1□□□□□

□□□

R Point, Cross, L & R Side

Switches, Back R, L Back Rock, Recover, Fw L

□□ , □□ , □ □ □ , □□ , □□□ □□

2-3

**Point R to R side (2), cross L over R (3) [12:00]**

□□□□ , □□□□□□□□ (□□ 12□□ )

4&5

**Point L to L side (4), step L next to R (&), point R to R side (5) [12:00]**

□□□□ , □□□□ , □□□□ (□□ 12□□ )

6

**Step back on R (6) [12:00] □□□□ (□□ 12□□ )**

7-8&

Rock L back on a slight L diagonal (7), recover weight to R (8), step L

a small step fw (&) Note: When starting the B section leave out this last

**&-count to be ready for your weave [12:00]**

□□□□□□□□ , □□□□ , □□□□

□□□□ &□□□□□□ , □□□□□□ B□□□□ , □□□□□□ B□□□ 1□□□ (□□ 12□□ )

**The B section: SAMBA B□□ :□□**

**mso-font-kerining:0pt">□□□**

**mso-font-kerining:0pt">**

**mso-font-kerining:0pt">Weave 1/8 L,**

**Behind Side Cross 1/4 L, Weave**

**mso-font-kerining:0pt">1/4 L, Behind**

**Side Cross 1/4**

**mso-font-kerining:0pt"> L □□□ 1/8,**

**mso-font-kerining:0pt">□ 1/8□**

**mso-font-kerining:0pt"> 1/8□ , □□□ 1/8,**

**mso-font-kerining:0pt">□ 1/8□**

**mso-font-kerining:0pt"> 1/8□**

**1&2**

**Cross L over R (1), turn 1/8 L**

**stepping R to R side (&), cross L behind R (2) [10:30]**

□□□□□□□□ , □□ 45□□□□ , □□□□□□□□ (□□ 10:30)

**3&4**

**Step back on R (3), turn 1/8 L**

**stepping L to L side (&), turn 1/8 L**

**crossing R over L (4) [7:30]**

□□□□ , □□ 45□□□□ , □□ 45□□□□□□□□ (□□ 7:30)

**5&6**

**Step fw on L (5), turn 1/8 L**

stepping R to R side (&), turn 1/8 L

**crossing L behind R (6) [4:30]**

□□□□ , □□ 45□□□□ , □□ 45□□□□□□□□ (□□ 4:30)

7&8

Step back on R (7), turn 1/8 L

stepping L to L side (&), turn 1/8 L

**crossing R over L (8) [1:30]**

□□□□ , □□ 45□□□□ , □□ 45□□□□□□□□ (□□ 1:30)

mso-font-ker닝:0pt">□□□

mso-font-ker닝:0pt">

mso-font-ker닝:0pt">L Bota Fogo, R Bota Fogo, Full Paddle Turn L

mso-font-ker닝:0pt">□ 1/4□

mso-font-ker닝:0pt">, □ 1/4□ , □□□

1&2

Step fw on L (1), rock R to R side turning 1/4 L (&), recover weight

**to L (2) [10:30] □□□□ , □□□□□□ 90□ , □□□□ (□□ 10:30)**

3&4

Step fw on R (3), rock L to L side turning 1/4 R (&), recover weight

**to R (4) [1:30] □□□□ , □□□□□□ 90□ , □□□□ (□□ 1:30)**

5&6&

Turn 1/8 L

stepping fw on L (5), turn 1/4 L rocking R to R side (&), recover weight to

**L (6) turn ¼ L rocking R to R side (&) [6:00]**

□□ 45□□□□ , □□ 90□□□□□□ , □□□□ , □□ 90□□□□□□ (□□ 6□□ )

7&8

Recover weight to L (7), turn ¼ L rocking R to R side (&), recover

**on L with ¼ L on L (8) [12:00]**

□□□□ , □□ 90□□□□□□ , □□□□□□ 90□ (□□ 12□□ )

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">R Mambo Fw, L Mambo Fw, Touch & Back Step X4

mso-font-kerning:0pt">□□

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□□□□

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1&2

**Rock fw on R (1), recover weight to L (&), step R next to L (2) [12:00]**

□□□□□□ , □□□□ , □□□□ (□□ 12□□ )

3&4

**Rock fw on L (3), recover weight to R (&), step L next to R (4) [12:00]**

□□□□□□ , □□□□ , □□□□ (□□ 12□□ )

5&6&

Touch R fw (5), step back on R (&), touch L fw (6), step back on L

**(&) - or do battucadas!! [12:00]**

□□□□ , □□□□ , □□□□ , □□□□ (□□ 12□□ )

**7&8&**

**Touch R fw (7), step back on R (&), touch L fw (8), step back on L**

**(&) - or do batucadas!! [12:00]**

□□□□ , □□□□ , □□□□ , □□□□ (□□□□ )

**mso-font-kerning:0pt">□□□**

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Cross, Side, Behind & Heel, Down R, Cross, Side,**

**Behind & Heel, Down L □□**

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□ □ □ , □□ □ , □

□ □ □

**1-2**

**Cross R over L (1), step L to L side (2) [12:00]**

□□□□□□□□ , □□□□ (□□ 12□□ )

**3&4&**

**Cross R behind L (3), step L back (&), touch R heel diagonally fw R**

**(4), step R down (&) [12:00]**

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□ (□□ 12□□ )

**5-6**

**Cross L over R (5), step R to R side (6) [12:00]**

□□□□□□□□ , □□□□ (□□ 12□□ )

7&8&

Cross L behind R (7), step R back (&), touch L heel diagonally fw L

(8), step L down (&) [12:00]

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□ (□□ 12□□ )

Restart After 32& counts of your 5th B, RESTART

with the A section rocking fw on R... 12:00 □□□□ B□□□□ , □□□□□□ A□□ (□□ 12□□ )

TAG 2: The

music changes DURING your 3rd B, after count 29 (L is crossed over R), facing

12:00:

□□□□ B□□□□□□ 5□□□□□□□□□□ (□□ 12□□ )□ , □□ 6-8□□□□□□

6-8

Step R a big step towards 12:00 (6), drag L towards R (on

7 and 8) then RESTART with B [12:00]

□□□□□□ (□□ 12□□ ) , □□□□ 2□□□□ , □□ B□□□□

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross, Side, Sailor ½ R, L And R Dorothy Steps

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">, □□ , □□□□ , □□□□□□

1-2

Cross R over L (1), step L to L side (2) [12:00]

□□□□□□□□ , □□□□ (□□ 12□□ )

3&4

**Cross R behind L turning ¼ R (3), turn ¼ R stepping L next to R (&),**

**step fw on R (4) [6:00]**

□□□□□□□□      90° , □□ 90°□□□□      , □□□□ (□□ 6□□ )

**5-6&**

**Step L to L diagonal (5), lock R behind L (6), step L diagonally fw L**

**(&) [6:00]**

□□□□□□      , □□□□□□□□      , □□□□□□□□ (□□ 6□□ )

**7-8&**

**Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R**

**(&) [6:00]**

□□□□□□      , □□□□□□□□      , □□□□□□□□ (□□ 6□□ )

**mso-font-kerning:0pt">□□□**

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Step ½ R, Full Triple Turn R, Run R L R Kick, Run L R L**

**Kick**

**mso-font-kerning:0pt">□ □**

**mso-font-kerning:0pt">, □ □**

□ ,

**mso-font-kerning:0pt">□ □ □ □ , □**

□ □ □

**1-2**

**Step fw on L (1), turn ½ R stepping fw onto R (2) [12:00]**

□□□□ , □□ 180□□□□ (□□ 12□□ )

**3&4**

**Turn ½ R stepping back on L (3), turn ½ R stepping fw onto R (&),**

**step fw on L (4) [12:00]**

□□ 180□□□□ , □□ 180□□□□ , □□□□ (□□ 12□□ )

**5&6&**

**Run fw R (5), run**

**fw L (&), run fw R (6) kick L low fw (&) [12:00]**

□□□□ , □□□□ , □□□□ , □□□□ (□□ 12□□ )

**7&8&**

**Run fw L (7), run**

**fw R (&), run fw L (8), kick R low fw (&) [12:00]**

□□□□ , □□□□ , □□□□ , □□□□ (□□ 12□□ )

**mso-font-kerning:0pt">□□**

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**mso-font-kerning:0pt">R mambo, L and R hitch scoot back, L coaster, R kick**

**ball change**

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□□□□ , □□□□ , □□□□

**1&2**

**Rock fw on R (1),**

**recover on L (&), step back on R (2) [12:00]**

□□□□ , □□□ , □□□ (□□ 12□□ )

**&3&4**

**Hitch L knee**

**scouting backwards on R (&), step back on L (3), repeat steps with R**

**(&4) [12:00]**

□□□□□□ , □□□ , □□□□□□ , □□□ (□□ 12□□ )

**5&6**

**Step back on L**

**(5), bring R next to L (&), step fw on L (6) [12:00]**

□□□□ , □□□□ , □□□□ (□□ 12□□ )

**7&8**

**Kick R fw (7),**

**step R next to L (&), step L slightly fw (8) [12:00]**

□□□□ , □□□□ , □□□□ (□□ 12□□ )

**mso-font-kerning:0pt">□□□**

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**mso-font-kerning:0pt">Fw R, heel swivels R, fw L, heel swivels, rock R fw, R**

**sailor step**

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**mso-font-kerning:0pt">, □□□ , □ , □□□ , □□□ , □ , □□**

**□□ , □□□**

**1&2**

**Step fw on R (1), swivel both heels to R side**

**(&), return heels to centre (2) - weight on R [12:00]**

□□□□ , □□□□□□□□ , □□□□□ —□□□□□ (□□ 12□□ )

**3&4**

**Step fw on L (3), swivel both heels to L side**

**(&), return heels to centre (4) - weight on L [12:00]**

□□□□ , □□□□□□□□ , □□□□□ —□□□□□ (□□ 12□□ )

**5-6**

**Rock fw on R (5), recover weight back to L**

**(6) [12:00]**

□□□□□ , □□□□ (□□ 12□□ )

**7&8**

**Cross R slightly behind L (7), step L to L**

**side (&), step R to R side (8) [12:00]**

□□□□□□□□□□ , □□□□□ , □□□□□ (□□ 12□□ )

**TAG 1:**

**This tag comes AFTER your 1st B. The beat disappears, now hit the lyrics!!! □□□ B**

□□□□□□□□

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Cross L Over R, R Chasse, L Cross Rock, L Side Rock, L**

**Back Rock Side**

**mso-font-kerning:0pt">□□□**

mso-font-kerning:0pt">, [ ] [ ] , [ ] [ ] [ ]

[ ] [ ] [ ] [ ] [ ]

1

**Cross L over R (1) [12:00]**

[ ] [ ] [ ] [ ] [ ] [ ] [ ] ( [ ] 12 [ ] )

2&3

**Step R to R (2), step L next to R (&), step R to R side (3) [12:00]**

[ ] [ ] [ ] , [ ] [ ] [ ] , [ ] [ ] [ ] ( [ ] 12 [ ] )

4&5&

Cross rock L over R (4), recover on R (&), rock L to L side (5),

**recover on R (&) [12:00]**

[ ] [ ] [ ] [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] [ ] ( [ ] 12 [ ] )

6&7

**Rock back on L (6), recover on R (&), step L to L side (7) [12:00]**

[ ] [ ] [ ] [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] ( [ ] 12 [ ] )

mso-font-kerning:0pt">

mso-font-kerning:0pt">R Cross Shuffle, L Chasse, R Cross Rock, R Side Rock, R

Back Rock Side, Hold

mso-font-kerning:0pt">[ ] [ ] [ ] [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] [ ] [ ] [ ]

[ ] [ ] [ ] [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] [ ] [ ] [ ]

[ ] [ ] [ ] [ ] [ ] [ ] [ ] , [ ] [ ] [ ] [ ] [ ] [ ] [ ]

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## 8&1

**Cross R over L (8), step L to L side (&), cross R over L (1) [12:00]**

□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 12□□ )

## 2&3

**Step L to L side (2), step R next to L (&), step L to L side (3) [12:00]**

□□□□ , □□□□ , □□□□ (□□ 12□□ )

## 4&5&

**Cross rock R over L (4), recover on L (&), rock R to R side (5),**

**recover on L (&) [12:00]**

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□ (□□ 12□□ )

## 6&7

**Rock back on R (6), recover on L (&), step R to R side (7) [12:00]**

□□□□□□ , □□□□ , □□□□ (□□ 12□□ )

## 8

**Hold (8) [12:00] □ (□□ 12□□ )**