

STRONG

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Paul O'Connor

Music: That's What Makes You Strong by The Judds

TOUCH, ½ RONDE, BEHIND & CROSS, ROCK STEP, BEHIND & CROSS

1-2 Touch right toe forward, on ball of left foot pivot ½ turn over right shoulder, sweeping right toe round

3&4 Step right foot behind left, step left foot to left side, cross step right over left

Easier option

1 Rock forward on right

2 Rock back on left

3&4 Triple step ½ turn on right, left, right

5-6 Rock left to left side, step back onto right

7&8 Step left behind right, step right to right side, cross step left in front of right

SIDE ROCK, RIGHT SHUFFLE, SIDE ROCK, LEFT SHUFFLE

1-2 Step right to right side, rock back onto left

3&4 Shuffle forward on right, left, right

5-6 Step left to left side, rock back onto right

7&8 Shuffle forward on left, right, left

STEP, ½ TURN, TOUCH, OUT & CROSS, SIDE TOGETHER, CHASSE RIGHT

1-2 Step forward on right foot, pivot ½ turn left, touching left toe next to right foot

3&4 Step left foot to left side, rock weight back onto right, cross step left in front of right

5-6 Step right foot to right side, step left next to right

7&8 Step right foot to right side, step left next to right, step right foot to right side

CROSS ROCK, ¼ TURN SHUFFLE, FULL TURN LEFT, SIDE ROCK STEP, TOUCH

1-2 Cross rock left over right, step back onto right

- 3&4 Step left foot to left side, step right next to left, step left foot $\frac{1}{4}$ turn to left
- 5-6 On ball of left pivot $\frac{1}{2}$ turn to left stepping back on right, on ball of right pivot $\frac{1}{2}$ turn left stepping forward on left
- 7&8- Rock right foot to right side, rock back onto left, touch right toe next to left foot

TOUCH, $\frac{3}{4}$ PIVOT, ROCK STEP, STEP, $\frac{1}{4}$ RONDE, RIGHT SHUFFLE

- 1-2 Touch right toe out to right side, on ball of left pivot $\frac{3}{4}$ turn backwards hooking right foot in front of left
- 3&4 Rock forward on right foot, step back on left foot, step back on right foot
- 5-6 Sweep left foot round $\frac{1}{4}$ turn to left, stepping left next to right
- 7&8 Shuffle forward on right, left, right

ROCK STEP, REVERSE FULL TURN, SIDE ROCK, CROSS SHUFFLE

- 1-2 Rock forward on left foot, rock back onto right
- 3&4 Full turn back over left shoulder, on left, right, left
- 5-6 Step right foot out to right side, rock weight back onto left
- 7&8 Cross step right over in front of left, step left to left side, cross step right in front of left

ROCK $\frac{1}{4}$ TURN, SHUFFLE, $\frac{1}{4}$ RONDE, STEP, LOCK, STEP

- 1-2 Step left foot to left side, make $\frac{1}{4}$ turn right stepping onto right
- 3&4 Shuffle forward on left, right, left
- 5-6 Sweep right foot round making $\frac{1}{4}$ turn to left, step right foot down across in front of left
- 7&8 Step left foot back, lock right in front of left, step back on left foot

REVERSE $\frac{1}{2}$ PIVOT, TOUCH, RIGHT SHUFFLE, ROCK STEP, REVERSE FULL TURN

- 1-2 Pivoting on ball of left foot, sweep right leg round making $\frac{1}{2}$ turn right, touch right toe next to left foot
- 3&4 Shuffle forward on right, left, right
- 5-6 Rock forward onto left foot, rock back onto right
- 7&8 Make full turn back over left shoulder on left, right, left

REPEAT