

TOUGHEN UP

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Count: 48

Wall: 4

Level: intermediate/advanced

Choreographer: Sheila Vee

Music: When The Going Gets Tough by Boyzone

4 HIP BUMPS, CROSS STEP, ¼ RIGHT COASTER

Start with right touched beside left, facing diagonally into left corner

1-4 Hip bumps forward 4 times clicking fingers (one hand) on each beat

5-6 Cross right over left, step left to left side

7&8¼ turn to right while doing right coaster step

TOE STRUTS (TWICE), JUMP FEET APART (TWICE - HALF TURN ONCE)

9-10 Touch left toe forward - as you drop heel, slide left backwards

11-12 Touch right toe forward - as you drop heel, slide right backwards

&13 Jump both feet shoulder width apart, starting left, right

&14 Jump both feet together (left, right) while turning ½ right (over right shoulder)

&15 Jump both feet apart (left, right)

&16 Jump both feet together (left, right)

SWIVEL TOE (TWICE), STEP HOPS BACK (TWICE), SCUFF STEPS (TWICE)

17-18 Touch right toe forward, while swiveling heel left, then center (twice)

& Step back on right toe (small step)

19 Step back left, beside right, feet slightly apart

& Step back on right toe (small step)

20 Step left back beside right

21-22 Scuff right foot through and step onto it

23-24 Scuff left foot through and step onto it

RIGHT TOUCH, CROSS, TOUCH AND CROSS, REPEAT ON LEFT

25-26 Touch right toe out to right side, cross right over left

27 Touch right toe to right side

- &28** Step back on right and cross left in front of right
& Step right beside left
29-30 Touch left toe out to left side, cross left over right
31 Touch left toe to left side
&32 Step back on left and cross right in front of left
& Step left beside right

HEEL, TOE, ½ TURN HOOK, TOUCH STEP, STEP TOGETHER

- 33-34** Touch right heel forward, touch right toe back

35½ turn over right shoulder

- 36** Hook right in front of left shin
37 Step forward on right
38 Touch left toe behind right
39 Step back on left
40 Step right beside left

MOVING LEFT, TOE TOUCHES, KNEE POPS (X3), STEP BEHIND, UNWIND

- 41** Touch left toe to left side
42 Pop left knee (pointing left knee in towards right taking weight onto it)
& Moving right across beside left
43 Touch left toe to left side
44 Pop left knee (pointing left knee in towards right taking weight onto it)
45 Touch left toe to left side
46 Pop left knee (pointing left knee in towards right taking weight onto it)
47 Touch right behind left
48 Unwind ½ turn to right

REPEAT