

STRONG

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Count: 64 **Wall:** 2 **Level:** —

Choreographer: Lisa Foord & Susan Byrne

Music: Strong Enough by Cher

To start the dance, wait through the 32 count intro ending with "was she worth it", then a pause. Scoot back on the word "strong"

- &1-2** Scoot back on left, step back right-left
- 3-4** Touch right toe back, turn $\frac{1}{2}$ turn right onto right
- 5&6** Touch left to left side, step left beside right, touch right to right side
- &7&8** Step right beside left, touch left heel forward, step left beside right, step forward on right
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- 1&2** Scuff left forward, step left to left side, step right to right side
- 3-4** Hold, click fingers at ear level
- 5-6** Keep feet apart bend knees & turn $\frac{1}{4}$ turn left, straighten knees with ball of left raised
- 7-8** Bend knees & turn $\frac{1}{2}$ turn right, straighten knees with ball of right raised
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- 1-2** Rock/step right forward, replace weight onto left
- 3&4** Turn $\frac{1}{2}$ turn right & shuffle forward right-left-right
- 5-6** Rock/step left to left side, replace weight onto right
- 7&8** Cross left over right, step right to right side, cross left behind right
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- 1-2** Rock/step right to right side, replace weight onto left
- 3&4** Cross right behind left, step left to left side, cross right over left
- 5-6** Step left to left side, cross right behind left
- &7** Turn $\frac{1}{4}$ turn left & step forward on left, scuff right forward
- 8** Turn $\frac{1}{2}$ turn left swiveling on left (right leg in the air)

- 1-2 Walk forward right-left
- 3&4 Shuffle forward right-left-right
- 5-6 Rock/step left forward, replace weight onto right
- 7&8 Turn ½ turn left shuffle forward left-right-left

Next 4 counts are moving in a rounded curve finishing facing ¼ turn left

- & Kick right forward at 45 degrees
- 1& Cross right over left, step left to left (with shoulder jerks)
- 2& Cross right over left, step left to left (with shoulder jerks)
- 3& Cross right over left, step left to left (with shoulder jerks)
- 4 Step right across left
- 5-8 Rock/step left to left side, sway hips right-left-right

- 1&2 Sailor - cross left behind right, step right to right side, step left in place
- 3-4 Touch right crossed behind left, unwind ¾ turn right (weight on right)
- 5-6 Point left to left side, hold
- &7-8 Jump back on left beside right, point right to right side, hold

- &1-4 Step right beside left, touch left across right, unwind full turn right (weight on right)
- &5&6 Hop back on left, touch right heel forward, step right in place, step left beside right
- 7-8 Walk forward right-left

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=40911