

# Stamina

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**Count:** 40      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Christopher Petre , 01/15/10

**Music:** "Stamina" by Cassie, "Big R & B Ego" CD, 110 BPM,

## **(1-8) Step R, Touch L, L Coaster Step, R Shuffle Step, L Side Rock-Recover-Cross**

- 1,2**      Step forward R, touch L toe next to R
- 3&4**      Step back L, step together R, step forward L
- 5&6**      Step forward R, step together L, step forward R
- 7&8**      Rock to left side on L, recover weight on R, cross step L over R

## **(9-17) R Coaster Cross, L Chasse 1/4 L, Step-1/2L-1/4L, Behind-Side-Cross, and Cross**

- 1&2**      Step back R, step together L, cross step R over L
- 3&4**      Step L to left side, step together R, turn 1/4 left (9:00) step forward L
- 5&6**      Step forward R, turn 1/2 left (3:00) stepping on to L, turn 1/4 left (12:00) stepping R to right side
- 7&8&1**    Step L behind R, step R to right side, cross step L over R, step R to right side, cross step L over R

## **(18-24) 1/4 R Step R, Step-1/2R-1/4R, R Sailor Step, L Coaster 1/4L**

- 2**      Turn 1/4 right (3:00) step forward R
- 3&4**      Step forward L, turn 1/2 right (9:00) stepping on R, turn 1/4 right (12:00) stepping L to left side
- 5&6**      Step R behind L, step L to left side, Step R to right side
- 7&8**      Turn 1/4 left (9:00) stepping back L, step together R, step forward L

## **(25-32) R Shuffle, L Rock, Recover, L Coaster Step 1/2 L, Out-Out, Knee Pop (Tuck)**

- 1&2**      Step forward R, step together L, step forward R
- 3,4**      Rock forward on L, recover back on the right foot
- 5&6**      Turning 1/2 left (3:00) step back on L, step together R, step forward L
- &7,8**      Step R to right side, step L to left side, lift R heel popping R knee and tuck against L leg

**(one restart here-during the 3rd wall, will be facing 9:00)**

**(33-40) Knee Roll R & L, R Coaster, Step Pivot 1/2R , Chase Turn 1/2 R**

- 1,2** Roll R knee outwards stepping on R, roll L knee outwards stepping on L
- 3&4** Step back R, step together on L, step forward R
- 5,6** Step forward on L, turn 1/2 right (9:00) step forward on R
- 7&8** Step forward on L, turn 1/2 right (3:00) step forward on R, step forward on L

**Repeat**

**One restart during 3rd wall after count 32**

**PetreThePirate@MutinyOnTheDanceFloor.com**

**[www.mutinyonthedancefloor.com](http://www.mutinyonthedancefloor.com)**