

THE STRONG ONE

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Hilary Gatehouse

Music: The Strong One by Kelita

STRUTS FORWARD

1-2 Step right heel forward, drop right toes

3-4 Step left heel forward, drop left toes

SHUFFLES FORWARD

5&6 Shuffle forward: right, left, right

7&8 Shuffle forward: left, right, left

ROCK-STEPS

9-10 Rock forward on right foot, step in place on left foot

11-12 Rock back on right foot, step in place on left foot

ROCK-STEP, ½ TURN, STEP FORWARD

13-14 Rock forward on right foot, step in place on left foot

15-16 Step back ½ turning to the right onto the right foot (use ball of left foot to help you pivot), step forward on left foot

STEP FORWARD, ½ TURN; STEP FORWARD, ¾ TURN

17-18 Step forward on right foot, step ½ turn to the left on left foot

19-20 Step forward on right foot, step ¾ turn to the left on left foot

SIDE SHUFFLE RIGHT, ROCK-STEP

21&22 Side shuffle to the right: right, left, right

23-24 Rock back on left, step in place on right

SIDE SHUFFLE TO THE LEFT, ROCK-STEP

25&26 Side shuffle to the left: left, right, left

27-28 Rock back on right, step in place on left

STEP FORWARD, ½ TURN; STEP FORWARD, ½ TURN

29-30 Step forward on right foot, step ½ turn to the left on left foot

31-32 Step forward on right foot, step ½ turn to the left on left foot

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=40921