

# Strong Bounds

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**Count:** 64      **Wall:** 2      **Level:** Improver / Intermediate

**Choreographer:** Séverine Fillion & Bruno Moggia (May 2017)

**Music:** Long Goodbye by Dwight Yoakam & Michelle Branch

## SECTION 1: RUMBA BOX, TOUCH, RUMBA BOX, HOOK

- 1 - 2      Right to right, left next to right
- 3 - 4      Right step fwd, Touch left next to right
- 5 - 6      Left to left, right next to left
- 7 - 8      Left step back, Hook right cross over left

### \*\* RESTART wall 4

## SECTION 2: STEP LOCK STEP, HOLD, STEP ½ TURN, STEP, SCUFF

- 1 - 4      Right fwd, « lock » left cross behind right, right fwd, Hold
- 5 - 6      Left fwd, Turn 1/2 right 6 :00
- 7 - 8      Left step fwd, right Scuff

### \*\* RESTART walls 2 & 6

## SECTION 3: JAZZ BOX, CROSS STEP, SIDE ROCK STEP, KICK, STOMP

- 1 - 4      Right cross over left, left step back, right to right, left cross over right
- 5 - 6      Rock step right to the right, recover on left
- 7 - 8      Kick right, Stomp right fwd

## SECTION 4: SWIVEL, HOLD, RECOVER, HOLD, HEEL SWIVEL, RECOVER, HEEL, TOUCH

- 1 - 2      Swivel both heels to the right, Hold
- 3 - 4      Recover both heels to the center, Hold
- 5 - 6      Swivel RIGHT Heel to the right, recover to the center
- 7 - 8      Touch right heel fwd, Touch right toe back

## SECTION 5: VINE ¼ TURN, SCUFF, CROSS ROCK STEP, STEP, CROSS STEP

- 1 - 4¼ **turn left stepping right to right, left cross behind right, right to right, left Scuff 3 :00**
- 5 - 6      Cross rock left over right, recover on right

7 - 8 Left to left, right cross over left

**SECTION 6: TOUCH LEFT, STEP FWD, TOUCH RIGHT, STEP BACK, SAILOR STEP ¼ TURN, HOLD**

1 - 2 Touch left toe to the left, left cross over right

3 - 4 Touch right toe to the right, right step back

5 - 8 Left cross behind right ¼ turning left, right to right, left fwd, Hold 12 :00

**\*\* RESTART wall 8**

**SECTION 7: STEP ½ TURN, TOE STRUT ½ TURN x2, STOMP x2**

1 - 2 Right step fwd, Turn 1/2 left 6 :00

3 - 4 Toe strut right with 1/2 turn left

5 - 6 Toe strut left with 1/2 turn left 6 :00

7 - 8 Stomp right fwd, Stomp left fwd

**SECTION 8: MAMBO STEP, HOLD, COASTER STEP, STOMP-UP**

1 - 4 Rock step right fwd, recover on left, right step back, Hold

5 - 8 Left step back, right next to left, left step fwd, Stomp-up right

**RESTARTS:-**

**On walls 2 and 6, Restart at the end of section 2**

**On wall 4, Restart at the end of section 1**

**On wall 8, Restart at the end of section 6 Have FUN !!**

**Last Update - 23rd May 2017**

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