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## The Stroma Dance

Phrased, Advanced
Choreographer: Niels Poulsen (Denmark) June 2010
Choreographed to: Alors On Dance by Stromae

Intro: Start after 32 counts
Type: 1 wall AB dance. A: 32, B: 64
Sequence: A, A, B, Tag 1, B, 30 counts of B + Tag 2, B + Tag 3, A, 32 counts of B, 7 counts of A
Note: The A section is all about hitting the beats, food speed and very sharp moves!
The B section is a Samba styled PARTY section... HAPPY TIMES!!!

## The A section - SHARP MOVES!:

1-9 Rock R fw, recover, back R, sit back R, 4 hip bumps, fw L, fw R, lock behind
1-3 Rock R fw (1), recover weight back to L (2), step back on R (3) 12:00
4\&5 Bend in both knees and sit back on $R$ leg lifting $L$ heel off the floor (4), push hip fw and up (\&), push hip back (5) Styling: leave $L$ heel off the floor during all hip bumps (counts 4-7) 12:00
6-7 Push hip fw and up (6), push hip back (7) 12:00
8\&1 Step down and slightly fw on L (8), step fw on R (\&), lock touch L behind R (1) 12:00
10-17 Swivel $1 / 4 \operatorname{LX} 2$, fw $L$, step lock step, step $1 / 2 R$, $L$ ball step
2-4 Swivel $R$ foot $1 / 4 L$ leaving $L$ foot touched to the floor (2) repeat $1 / 4$ turn (3), step fw on $L$ (4) $6: 00$
\&5-6 Step fw on up on ball of $R$ foot (\&), lock $L$ foot behind $R$ (still up!) (5), step fw on $R$ (6) 6:00
7 - 8 Step fw on $L(7)$ turn $1 ⁄ 2 R$ stepping onto $R(8)$ 12:00
\&1 Step L a small step fw (\&), step fw on R (1) ... (or do a R full turn on \& 1) 12:00
18-25 Rock Lfw, recover, L coaster place, heel swivels, L coaster cross
2-3 Rock fw on $L$ (2), recover weight to $R(3)$ 12:00
4\&5 Step back on $L$ (4), step $R$ next to $L(\&)$, place ball of $L$ foot fw with no weight (5) 12:00
6-7 Swivel both heels to $L$ side rising on balls of feet (6), swivel both heels down to centre (7) 12:00
8\&1 Step back on L (8), step R next to L (\&), cross L over R (1) 12:00
Fun option!...The second time you do the A section do up to count 5 . Hold on counts $6,7,8$ but add 4 chest pops starting on count $5,6,7$ and 8 . On count 1 you step fw onto $L$ foot and continue with count 2 in the next section (26-32)

26-32 R point, cross, L \& R side switches, back R, L back rock, recover, fw L
2-3 Point $R$ to $R$ side (2), cross $L$ over $R$ (3) 12:00
4\&5 Point $L$ to $L$ side (4), step $L$ next to $R(\&)$, point $R$ to $R$ side (5) 12:00
6 Step back on R (6) 12:00
7 - 8\& Rock L back on a slight L diagonal (7), recover weight to $R$ (8), step L a small step fw (\&)
Note: $\quad$ When starting the $B$ section leave out this last $\&$-count to be ready for your weave
The $B$ section - SAMBA:
1-8 Weave $1 / 8 L$, behind side cross $1 / 4 L$, weave $1 / 4 L$, behind side cross $1 / 4 L$
1\&2 Cross L over R (1), turn 1/8 L stepping R to R side (\&), cross L behind R (2) 10:30
$3 \& 4 \quad$ Step back on $R(3)$, turn $1 / 8 L$ stepping $L$ to $L$ side (\&), turn $1 / 8 L$ crossing $R$ over $L$ (4) 7:30
5\&6 Step fw on $L$ (5), turn 1/8 $L$ stepping $R$ to $R$ side (\&), turn 1/8 $L$ crossing $L$ behind $R(6)$ ( $4: 30$
$7 \& 8 \quad$ Step back on $R(7)$, turn $1 / 8 L$ stepping $L$ to $L$ side (\&), turn $1 / 8 L$ crossing $R$ over $L$ (8) $1: 30$
9-16 L bota fogo, $R$ bota fogo, full paddle turn $L$
1\&2 Step fw on $L$ (1), rock R to $R$ side turning $1 / 4 L(\&)$, recover weight to $L$ (2) 10:30
$3 \& 4 \quad$ Step fw on $R(3)$, rock $L$ to $L$ side turning $1 / 4 R(\&)$, recover weight to $R(4) \quad 1: 30$
5\&6\& Turn $1 / 8 L$ stepping fw on $L(5)$, turn $1 / 4 L$ rocking $R$ to $R$ side (\&), recover weight to $L$ (6) turn $1 / 4 \mathrm{~L}$ rocking R to R side (\&) 6:00
$7 \& 8 \quad$ Recover weight to $L(7)$, turn $1 / 4 L$ rocking $R$ to $R$ side (\&), recover on $L$ with $1 / 4 L$ on $L$ (8) 12:00

## 17-24 R mambo fw, L mambo fw, touch \& back step X 4

1\&2 Rock fw on R (1), recover weight to L (\&), step R next to L (2) 12:00
3\&4 Rock fw on L (3), recover weight to R (\&), step L next to R (4) 12:00
5\&6\& Touch R fw (5), step back on R (\&), touch Lfw (6), step back on L(\&) - or do battucadas!! 12:00
7\&8\& Touch R fw (7), step back on R (\&), touch Lfw (8), step back on L (\&) - or do battucadas!! 12:00
25-32 Cross, side L, behind \& heel, down R, cross, side R, behind \& heel, down L
1-2 Cross R over L (1), step $L$ to $L$ side (2) 12:00
3\&4\& Cross R behind L (3), step L back (\&), touch R heel diagonally fw R (4), step R down (\&) 12:00
5-6 Cross L over R (5), step R to R side (6) 12:00
7\&8\& Cross L behind $R(7)$, step $R$ back (\&), touch $L$ heel diagonally fw $L$ (8), step $L$ down (\&) 12:00

33-40 Cross, side, sailor $1 / 2 R$, $L$ and $R$ Dorothy steps
1-2 Cross R over L (1), step L to $L$ side (2) 12:00
3\&4 Cross $R$ behind $L$ turning $1 / 4 R(3)$, turn $1 / 4 R$ stepping $L$ next to $R(\&)$, step fw on $R(4)$ 6:00
$5-6$ \& Step $L$ to $L$ diagonal (5), lock $R$ behind $L(6)$, step $L$ diagonally fw $L$ (\&) 6:00
7 - 8\& Step $R$ to $R$ diagonal (7), lock $L$ behind $R(8)$, step $R$ diagonally fw $R(\&)$ 6:00
41-48 Step $1 / 2 R$, full triple turn $R$, run $R \operatorname{L}$ R kick, run $L R L$ kick
1-2 Step fw on $L$ (1), turn $1 / 2 R$ stepping fw onto $R(2) \quad 12: 00$
3\&4 Turn $1 / 2 R$ stepping back on $L$ (3), turn $1 / 2 R$ stepping fw onto $R(\&)$, step fw on $L$ (4) 12:00
5\&6\& Run fw R (5), run fw L (\&), run fw R (6) kick L low fw (\&) 12:00
7\&8\& Run fw L (7), run fw R (\&), run fw L (8), kick R low fw (\&) 12:00
49-56 R mambo, $L$ and $R$ hitch scoot back, $L$ coaster, $R$ kick ball change
1\&2 Rock fw on R (1), recover on L (\&), step back on R (2) 12:00
\& 3\&4 Hitch L knee scooting backwards on R (\&), step back on L (3), repeat steps with R (\&4) 12:00
5\&6 Step back on $L$ (5), bring R next to $L(\&)$, step fw on $L(6) \quad$ 12:00
7\&8 Kick R fw (7), step R next to L (\&), step L slightly fw (8) 12:00
57-64 Fw R, heel swivels $R$, fw $L$, heel swivels, rock $R$ fw, $R$ sailor step
1\&2 Step fw on $R$ (1), swivel both heels to $R$ side (\&), return heels to centre (2) - weight on $R$ 12:00
3\&4 Step fw on L (3), swivel both heels to L side (\&), return heels to centre (4) - weight on L 12:00
5-6 Rock fw on R (5), recover weight back to $L$ (6) 12:00
7\&8 Cross R slightly behind L (7), step L to L side (\&), step R to R side (8) 12:00

## EXTRAS... Woohoo!!!

Tag 1 This tag comes after 1st B. The beat disappears, now hit the lyrics!!!
1-7 Cross $L$ over R, $R$ chasse, $L$ cross rock, $L$ side rock, $L$ back rock side
1 Cross L over R (1) 12:00
2\&3 Step R to R (2), step L next to R (\&), step R to R side (3) 12:00
4\&5\& Cross rock L over R (4), recover on R (\&), rock L to L side (5), recover on R (\&) 12:00
6\&7 Rock back on $L$ (6), recover on $R(\&)$, step $L$ to $L$ side (7) 12:00
8-16 R cross shuffle, L chasse, R cross rock, R side rock, R back rock side, Hold
8\&1 Cross R over L (8), step L to L side (\&), cross R over L (1) 12:00
2\&3 Step $L$ to $L$ side (2), step R next to $L$ (\&), step $L$ to $L$ side (3) 12:00
4\&5\& Cross rock R over L (4), recover on $L$ (\&), rock $R$ to $R$ side (5), recover on $L$ (\&) 12:00
6\&7 Rock back on R (6), recover on L (\&), step R to R side (7) 12:00
$8 \quad$ Hold (8) 12:00
Tag 2 During 3rd B, after count 30, facing 12:00: Hold on counts 31-32. Restart with B 12:00
Tag 3 During 4th B, after count 62, facing 12:00: Hold on counts 63-64. Restart with A 12:00
Restart After 32\& counts of your 5th B, RESTART with the A section rocking fw on R foot... 12:00
Begin again - GOOD LUCK - and have fun with this one!!! ...

