

The Stroma Dance

Phrased, Advanced

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

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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
- 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 ¼ L X 2, fw L, step lock step, step ½ R, L ball step

- 2 4 Swivel R foot ¼ L leaving L foot touched to the floor (2) repeat ¼ 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 ½ 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 L fw, 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: 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 $\frac{1}{4}$ L, weave $\frac{1}{4}$ L, behind side cross $\frac{1}{4}$ 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 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 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 ½ L (&), recover weight to L (2) 10:30
- 3&4 Step fw on R (3), rock L to L side turning ¼ R (&), recover weight to R (4) 1:30
- 5&6& Turn 1/8 L stepping fw on L (5), turn ¼ L rocking R to R side (&), recover weight to L (6) turn ¼ L rocking R to R side (&) 6:00
- 7&8 Recover weight to L (7), turn $\frac{1}{4}$ L rocking R to R side (&), recover on L with $\frac{1}{4}$ 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 L fw (6), step back on L (&) or do battucadas!! 12:00
- 7&8& Touch R fw (7), step back on R (&), touch L fw (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 ½ R, L and R Dorothy steps 1 - 2Cross R over L (1), step L to L side (2) 12:00 3&4 Cross R behind L turning ¼ R (3), turn ¼ 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 Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R (&) 6:00 7 - 8&41 - 48 Step 1/2 R, full triple turn R, run R L R kick, run L R L kick 1 - 2Step fw on L (1), turn ½ R stepping fw onto R (2) 12:00 3&4 Turn ½ R stepping back on L (3), turn ½ 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 Hitch L knee scooting backwards on R (&), step back on L (3), repeat steps with R (&4) 12:00 &3&4 5&6 Step back on L (5), bring R next to L (&), step fw on L (6) 12:00 7&8 Kick R fw (7), step R next to L (&), step L slightly fw (8) 57 - 64 Fw R, heel swivels R, fw L, heel swivels, rock R fw, R sailor step 182 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 - 6Rock 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!!! This tag comes after 1st B. The beat disappears, now hit the lyrics!!! Tag 1 1 – 7 Cross L over R, R chasse, L cross rock, L side rock, L back rock side Cross L over R (1) 12:00 1 2&3 Step R to R (2), step L next to R (&), step R to R side (3) 12:00 Cross rock L over R (4), recover on R (&), rock L to L side (5), recover on R (&) 12:00 4&5& 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 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

Music download available from iTunes or www.cdon.com

Begin again – GOOD LUCK – and have fun with this one!!! ...