Website: www.linedancerweb.com
Email: admin@linedancerweb.com

The Strong One

BEGINNER
32 Count 4 Walls
Choreographed by: Hilary Gatehouse
Choreographed to: Strong One, The 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, 1/2 TURN, STEP FORWARD

13 - 14 Rock forward on right foot, step in place on left foot
15 - 16 Step back 1/2 turning to the right onto the right foot (use ball of left foot to help you pivot), step forward on left foot

STEP FORWARD, 1/2 TURN; STEP FORWARD, 3/4 TURN

17 - 18 Step forward on right foot, step 1/2 turn to the left on left foot
19 - 20 Step forward on right foot, step 3/4 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, 1/2 TURN; STEP FORWARD, 1/2 TURN

29 - 30 Step forward on right foot, step 1/2 turn to the left on left foot
31 - 32 Step forward on right foot, step 1/2 turn to the left on left foot

REPEAT

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute