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## Hard, Long, Soft, Short

32 count, 4 wall, beginner/intermediate level  
Choreographer: Mickey Gifford (USA) Oct 2004  
Choreographed to: Strokin' by Clarence Carter

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16 beat intro. Dance starts when CC sings ..."stroking to the east..." (until then you can sway your hips and look sexy!)

### **SLIDE RIGHT, AGAIN, SLIDE LEFT, AGAIN, HAND MOTIONS**

- 1-4 Slide RF right, slide LF to RF, again (as you're doing this, you're making a pumping motion with your RH, so elbow bent up pump, pump. This is the same motion you made as a kid when you wanted to get a trucker or a train to blow his horn! LH is on your left hip)  
5-8 Slide LF left, slide RF to LF, again (hand motions to the left this time)

### **SLIDE RF UP, KNEE POPS, SLIDE LF UP, KNEE POPS, HAND MOTIONS**

- 1-2 Slide RF up, on ball of that foot, RF will bounce with knee bent (pumping 1...2 with RH)  
3-4 Slide LF up, on ball of that foot, LF will bounce with knee bent (pumping 1...2 with LH)

### **SLIDE RF BACK, KNEE POPS, SLIDE LF BACK, KNEE POPS, HAND MOTIONS**

- 5-6 RF slide back, RF will bounce with knee bent (pumping 1...2 with RH)  
7-8 Slide LF back, LF will bounce with knee bent (pumping 1...2 with LH)

### **CHA - CHA, LEFT PIVOT, BACK GRAPEVINE, STEP RIGHT, PIVOT RIGHT**

- 1-3 RF cha - cha (LH on hip)  
4-5 As you come back up to LF you'll pivot left 1/4 turn  
6-8 Back grapevine, so LF behind RF, step out with RF then pivot right on RF right 1/2 turn

### **FRONT GRAPEVINE, STEP RIGHT, TOGETHER W/KNEE POP, PELVIC THRUSTS**

- 1-4 RF right, front grapevine (LF in front of RF) RF right, LF right with a knee pop  
5-8 Pelvic thrust 4x (Girls: RH behind head in a saucy gesture! Guys: Hands clasped behind your back or on hips or the girl's way if you insist!)

(On 4th repeat add 8 more pelvic thrusts)