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Strong Sweet & Southern

48 Count, 2 Wall, Intermediate

Choreographer: Judy Bell (Jan 2017) Version 1

Choreographed to: Hayley Orrantia - Strong Sweet & Southern

- Album: Strong Sweet & Southern – (127 bpm)

Counter Clockwise, 1 Restart,

INTRO: 16 Count Intro – starts on lyrics “Mamma”, weight on left

- S1** **Rock Fwd, Recover, Step, Lock, Step, Rock Back, Recover, Step, Lock, Step**
1, 2, 3&4 Rock forward on R, recover weight on L, step R behind L, lock/step L in front of R, step R back
5, 6, 7&8# Rock back on L, recover weight on R, step L in front of R, lock/step R behind L, step L forward
-12:00
- S2** **Cross Samba, Cross Samba, Rock Fwd, Recover, Coaster Step**
1&2, 3&4 Cross/step R over L, step L to side, step R slightly forward, cross/step L over R, step R to side,
step L slightly forward
5, 6, 7&8 Rock forward R, recover weight back onto L, step back on R, step L beside R, step R forward
-12:00
- S3** **Rock Side, Recover, Behind, Side, Cross, Rock Side, ¼ Turn, Recover, Shuffle Fwd**
1, 2, 3&4 Rock step L to left side, recover R, step L behind R, step R to side, step/cross L over R,
5, 6, 7&8 Rock R to right side, turn ¼ left recover L, shuffle forward: R, L, R -9:00
- S4** **Rock Fwd, Recover, ½ Turn Shuffle Fwd, Rock Fwd, Recover, ½ Turn Shuffle Fwd**
1, 2, 3&4 Rock forward L, recover weight R, ½ turn left, shuffle forward: L, R, L
5, 6, 7&8 Rock forward R, recover weight L, ½ turn R, shuffle forward: R, L, R -9:00
- S5** **Weave Across, Side, Behind, Side, Heel, Tog, Cross Rock, Recover, Side Shuffle**
1, 2, 3&4 Cross L over R, step R to right side, step L behind R, step R to right side, L heel
&5, 6, 7&8* Step L beside R, Cross rock R over L, recover weight on L, side shuffle: R, L, R -9:00
- S6** **Rock Fwd, Recover, Rock Side, Recover, Coaster Step, Hip, Hip**
1, 2, 3&4 Rock forward on L, recover weight on R, rock side on L, recover weight on R, step back on R
5, 6, 7, 8 step L beside R, step R forward, Sway hips R, L -9:00
- S7** **Repeat Dance In New Direction**
- RESTART * Start Wall 2 facing 9:00 dance to count 40, Add step L beside R (change of weight)
and Restart -6:00
- FINISH # Start Wall 7 facing 6:00 dance 8 counts add
- S1** **Cross Samba, Cross Samba, Rock Fwd, Recover, ½ Turn Shuffle**
1&2, 3&4 Cross/step R over L, step L to side, step R slightly forward, cross/step L over R, step R to side,
step L slightly forward
5, 6, 7&8 Rock forward R, recover weight back on L, ½ turn right shuffle forward: R, L, R -12:00

Dance On!!