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Strong Bounds

64 Count, 2 Wall, Improver

Choreographer: Séverine Fillion & Bruno Moggia (FR)
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Choreographed to: Long Goodbye by Dwight Yoakam
& Michelle Branch

Section 1: Rumba Box, Touch, Rumba Box, Hook

- 1 – 2 Right to right, left next to right
- 3 – 4 Right step fwd, Touch left next to right
- 5 – 6 Left to left, right next to left
- 7 – 8 Left step back, Hook right cross over left

Restart Wall 4

Section 2: Step Lock Step, Hold, Step ½ Turn, Step, Scuff

- 1 – 4 Right fwd, « lock » left cross behind right, right fwd, Hold
- 5 – 6 Left fwd, Turn 1/2 right 6 :00
- 7 – 8 Left step fwd, right Scuff

Restart Walls 2 & 6

Section 3: Jazz Box, Cross Step, Side Rock Step, Kick, Stomp

- 1 – 4 Right cross over left, left step back, right to right, left cross over right
- 5 – 6 Rock step right to the right, recover on left
- 7 – 8 Kick right, Stomp right fwd

Section 4: Swivel, Hold, Recover, Hold, Heel Swivel, Recover, Heel, Touch

- 1 – 2 Swivel both heels to the right, Hold
- 3 – 4 Recover both heels to the center, Hold
- 5 – 6 Swivel RIGHT Heel to the right, recover to the center
- 7 – 8 Touch right heel fwd, Touch right toe back

Section 5: Vine ¼ Turn, Scuff, Cross Rock Step, Step, Cross Step

- 1 – 4 ¼ turn left stepping right to right, left cross behind right, right to right, left Scuff 3 :00
- 5 – 6 Cross rock left over right, recover on right
- 7 – 8 Left to left, right cross over left

Section 6: Touch Left, Step Fwd, Touch Right, Step Back, Sailor Step ¼ Turn, Hold

- 1 – 2 Touch left toe to the left, left cross over right
- 3 – 4 Touch right toe to the right, right step back
- 5 – 8 Left cross behind right ¼ turning left, right to right, left fwd, Hold 12 :00

Restart Wall 8

Section 7: Step ½ Turn, Toe Strut ½ Turn X2, Stomp X2

- 1 – 2 Left step fwd, Turn 1/2 left 6 :00
- 3 – 4 Toe strut right with 1/2 turn left
- 5 – 6 Toe strut left with 1/2 turn left 6 :00
- 7 – 8 Stomp right fwd, Stomp left fwd

Section 8: Mambo Step, Hold, Coaster Step, Stomp-Up

- 1 – 4 Rock step right fwd, recover on left, right step back, Hold
- 5 – 8 Left step back, right next to left, left step fwd, Stomp-up right

Restarts:-

On Walls 2 And 6, Restart At The End Of Section 2

On Wall 4, Restart At The End Of Section 1

On Wall 8, Restart At The End Of Section 6

Have Fun!!