

The Strong



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Hanna Pitkanen (FIN) Dec 2022

Choreographed to: The Strong by Eva Under Fire

Intro: 16 Counts. Start at approx 19 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2& 3-4& 5 6& 7 8&	NC2 BASIC, SIDE, CROSS ROCK, ¼ SERPIENTE, BACK ROCK Step R to right side, step L next to/slightly behind R, cross R over L Step L to left side, rock R over L, recover weight to L Make ¼ turn right stepping R forward as you sweep L from back to front (3:00) Cross L over R, step R to right side Step L behind R as you sweep R from front to back Rock back R, recover L
SEC 2 1& 2& 3 4& 5&6 7 8&	FORWARD ROCK, ½ TURN X 3, FORWARD ROCK, RUN AROUND 1¼, SWAY, SWAY Rock R forward, recover weight to L Make ½ turn right stepping R forward, make ½ turn right stepping L back Make ½ turn right stepping R forward (9:00) Rock L forward, recover weight to R Make ½ turn left stepping L forward, make ¼ turn left stepping R forward, make ¼ turn left stepping L forward (9:00) Make ¼ turn left stepping R to ride side (6:00) Sway left, sway right
SEC 3 1-2& 3-4& 5-6 7&8	NC2 BASIC, NC2 BASIC, SIDE, CROSS, SIDE ROCK, ¼ RECOVER, STEP FWD Step L to left side, step R next to/slightly behind L, cross L over R Step R to right side, step L next to/slightly behind R, cross R over L Step L to left side, cross R over L Rock L to side, make ¼ turn right as you recover to R, step L forward
SEC 4 1& 2& 3 4&5 6&7 8&	1/2 TURN LEFT X2, STEP, LOCK STEP, STEP SWEEP, CROSS, SIDE, ROCK, 1/4 TURN, 1/2 TURN, STEP FWD Make 1/2 turn left stepping R back, make 1/2 turn left stepping L forward Step R forward, lock L behind R Step R forward as you sweep L from back to front Cross L over R, step R to right side, rock back L Recover weight to R, make 1/4 turn right stepping L back, make 1/2 turn right stepping R forward Step L forward, make 1/4 turn left

