

Strong Bounds

Choreographed by Séverine Fillion & Bruno Moggia (May 2017)

Description: 64 Counts, 4 Walls, Improver/ Intermediate
Musik: 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 Right 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

REPEAT

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 !!