

Strong Bounds



Choreographed by: Séverine Fillion (FR) & Bruno Moggia (SVN) - May 2017
Music: **Long Goodbye (with Michelle Branch)** by **Dwight Yoakam**
Type: 2 wall, 64 counts
Level: Improver / Intermediate

NOTES 32 count intro, RESTARTS during walls 2, 4, 6 and 8.

[1 – 8] RUMBA BOX, TOUCH, RUMBA BOX, HOOK

1 – 4 Step right to right side, step left next to right, step right forward, touch left next to right.
5 – 8 Step left to left side, step right next to left, step back on left, hook right over left.

RESTART *Here during wall 4*

[9 – 16] LOCK-STEP, HOLD, STEP, ½ RIGHT PIVOT, STEP, SCUFF

1 – 4 Step right forward, lock left behind right, step right forward, hold.
5 – 8 Step left forward, pivot ½ turn right, step left forward, scuff right. [6:00]

RESTART *Here during walls 2 & 6*

[17 – 24] JAZZ-BOX WITH CROSS, SIDE ROCK-STEP, KICK, STOMP

1 – 4 Cross right over left, step back on left, step right to right side, cross left over right.
5 – 6 Rock right to right side, recover onto left.
7 – 8 Kick right forward, stomp right forward.

[25 – 32] SWIVEL BOTH HEELS & HOLD, SWIVEL RIGHT HEEL, HEEL FORWARD, TOE BACK

1 – 4 Swivel both heels to right, hold, swivel back to center, hold.
5 – 6 Swivel RIGHT heel to right, swivel right heel back to center.
7 – 8 Touch right heel forward, touch right toe back.

[33 – 40] ¼ TURN LEFT VINE, SCUFF, CROSS ROCK-STEP, SIDE, CROSS

1 – 4 Make ¼ turn left stepping right to right side, cross left behind right, step right to right side, scuff left over right. [3:00]
5 – 6 Cross rock left over right, recover onto right.
7 – 8 Step left left side, cross right over left.

[41 – 48] POINT, CROSS, POINT, BEHIND, ¼ TURN LEFT SAILOR-STEP, HOLD

1 – 4 Point left to left side, cross left over right, point right to right side, step right behind left.
5 – 8 Make ¼ turn left stepping left behind right, step right to right side, step left forward, hold. [12:00]

RESTART *Here during wall 8*

[49 – 56] STEP, ½ RIGHT PIVOT, ½ TURN LEFT TOE STRUT X2, STOMP X2

1 – 2 Step right forward, pivot ½ turn left. [6:00]
3 – 6 Right toe strut making ½ turn left, left toe strut making ½ turn left. [6:00]
7 – 8 Stomp right forward, stomp left forward.

[57 – 64] MAMBO-STEP, HOLD, COASTER-STEP, STOMP

1 – 4 Rock right forward, recover onto left, step back on right, hold.
5 – 8 Step back on left, step right next to left, step left forward, stomp-up right.

Start again!