

The Stroma Dance

Count: 96 Wall: 1 Level: Phrased Advanced

Choreographer: Niels Poulsen (Denmark) May 2010 – updated 16th June 2010

Music: Alors on dance by Stromae

Sequence: A, A, B, Tag 1, B, 30 counts of B + Tag 2, B + Tag 3, A, 32 counts of B, 7 counts of A

Note: The A section is all about hitting the beats, foot speed and very sharp moves! The B section is a Samba styled PARTY section... HAPPY TIMES!!!

Intro: Start after 32 counts

The A section – SHARP MOVES!:

(1 – 9) Rock R fw, recover, back R, sit back R, 4 hip bumps, fw L, fw R, lock behind

1 – 3 Rock R fw (1), recover weight back to L (2), step back on R (3) 12:00

4&5 Bend in both knees and sit back on R leg lifting L heel off the floor (4), push hip fw and up (&), push hip back (5) Styling: leave L heel off the floor during all hip bumps (counts 4-7)

6 – 7 Push hip fw and up (6), push hip back (7)

8&1 Step down and slightly fw on L (8), step fw on R (&), lock touch L behind R (1)

(10 – 17) Swivel ¼ L X 2, fw L, step lock step, step ½ R, L ball step

2 – 4 Swivel R foot ¼ L leaving L foot touched to the floor (2) repeat ¼ turn (3), step fw on L (4) 6:00

&5 – 6 Step fw on up on ball of R foot (&), lock L foot behind R (still up!) (5), step fw on R (6)

7 – 8 Step fw on L (7) turn ½ R stepping onto R (8) 12:00

&1 Step L a small step fw (&), step fw on R (1) ... (or do a R full turn on &1)

(18 – 25) Rock L fw, recover, L coaster place, heel swivels, L coaster cross

2 – 3 Rock fw on L (2), recover weight to R (3)

4&5 Step back on L (4), step R next to L (&), place ball of L foot fw with no weight (5)

6 – 7 Swivel both heels to L side rising on balls of feet (6), swivel both heels down to centre (7)

8&1 Step back on L (8), step R next to L (&), cross L over R (1)

Fun option!...The second time you do the A section do up to count 5. Hold on counts 6, 7, 8 but add 4 chest pops starting on count 5, 6, 7 and 8.

On count 1 you step fw onto L foot and continue with count 2 in the next section (26-32)

(26 – 32) R point, cross, L & R side switches, back R, L back rock, recover, fw L

2 – 3 Point R to R side (2), cross L over R (3)

4&5 Point L to L side (4), step L next to R (&), point R to R side (5)

6 Step back on R (6)

7 – 8& Rock L back on a slight L diagonal (7), recover weight to R (8), step L a small step fw (&) Note: When starting the B section leave out this last &-count to be ready for your weave 12:00

The B section - SAMBA:

(1 – 8) Weave 1/8 L, behind side cross ¼ L, weave ¼ L, behind side cross ¼ L

1&2

Cross L over R (1), turn 1/8 L stepping R to R side (&), cross L behind R (2)

10:30

3&4 Step back on R (3), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (4) 7:30

5&6 Step fw on L (5), turn 1/8 L stepping R to R side (&), turn 1/8 L crossing L behind R (6) 4:30

7&8 Step back on R (7), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (8) 1:30

(9 – 16) L bota fogo, R bota fogo, full paddle turn L

1&2 Step fw on L (1), rock R to R side turning ¼ L (&), recover weight to L (2) 10:30

3&4 Step fw on R (3), rock L to L side turning ¼ R (&), recover weight to R (4) 1:30

5&6& Turn 1/8 L stepping fw on L (5), turn ¼ L rocking R to R side (&), recover weight to L (6) turn ¼ L rocking R to R side (&) 6:00

7&8 Recover weight to L (7), turn ¼ L rocking R to R side (&), recover on L with ¼ L on L (8) 12:00

(17 – 24) R mambo fw, L mambo fw, touch & back step X 4

1&2 Rock fw on R (1), recover weight to L (&), step R next to L (2)

3&4 Rock fw on L (3), recover weight to R (&), step L next to R (4)

5&6& Touch R fw (5), step back on R (&), touch L fw (6), step back on L (&) - or do battucadas!

7&8& Touch R fw (7), step back on R (&), touch L fw (8), step back on L (&) - or do battucadas!!

(25 – 32) Cross, side L, behind & heel, down R, cross, side R, behind & heel, down L

1 – 2 Cross R over L (1), step L to L side (2)

3&4& Cross R behind L (3), step L back (&), touch R heel diagonally fw R (4), step R down (&)

5 – 6 Cross L over R (5), step R to R side (6)

7&8& Cross L behind R (7), step R back (&), touch L heel diagonally fw L (8), step L down (&)

(33 – 40) Cross, side, sailor ½ R, L and R Dorothy steps

1 – 2 Cross R over L (1), step L to L side (2) 12:00

3&4 Cross R behind L turning ¼ R (3), turn ¼ R stepping L next to R (&), step fw on R (4) 6:00

5 – 6& Step L to L diagonal (5), lock R behind L (6), step L diagonally fw L (&)

7 – 8& Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R (&)

(41 – 48) Step ½ R, full triple turn R, run R L R kick, run L R L kick

1 – 2 Step fw on L (1), turn ½ R stepping fw onto R (2) 12:00

3&4 Turn ½ R stepping back on L (3), turn ½ R stepping fw onto R (&), step fw on L (4)

5&6& Run fw R (5), run fw L (&), run fw R (6) kick L low fw (&)

7&8& Run fw L (7), run fw R (&), run fw L (8), kick R low fw (&)

(49 – 56) R mambo, L and R hitch scoot back, L coaster, R kick ball change

1&2 Rock fw on R (1), recover on L (&), step back on R (2)

&3&4 Hitch L knee scooting backwards on R (&), step back on L (3), repeat steps with R (&4)

5&6 Step back on L (5), bring R next to L (&), step fw on L (6)

7&8 Kick R fw (7), step R next to L (&), step L slightly fw (8)

(57 – 64) Fw R, heel swivels R, fw L, heel swivels, rock R fw, R sailor step

1&2 Step fw on R (1), swivel both heels to R side (&), return heels to centre (2) – weight on R

3&4 Rock fw on R (5), recover weight back to L (6)

