

# The Stroma Dance

Choreographer: **Niels Poulsen** (Denmark) (June 2010)

Type: 1 wall AB dance. A: 32, B: 64

Level: Advanced

Music: Alors on dance by Stromae. Download track from iTunes or [www.cdon.com](http://www.cdon.com)

Intro: Start after 32 counts

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, food speed and very sharp moves!

The B section is a Samba styled PARTY section... HAPPY TIMES!!!

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) 12:00

6 – 7 Push hip fw and up (6), push hip back (7) 12:00

8&1 Step down and slightly fw on L (8), step fw on R (&), lock touch L behind R (1) 12:00

## 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) 6:00

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) 12:00

## 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) 12:00

4&5 Step back on L (4), step R next to L (&), place ball of L foot fw with no weight (5) 12:00

6 – 7 Swivel both heels to L side rising on balls of feet (6), swivel both heels down to centre (7) 12:00

8&1 Step back on L (8), step R next to L (&), cross L over R (1) 12:00

**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) 12:00

4&5 Point L to L side (4), step L next to R (&), point R to R side (5) 12:00

6 Step back on R (6) 12:00

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) 12:00

3&4 Rock fw on L (3), recover weight to R (&), step L next to R (4) 12:00