

# The Stroma Dance

Choreographer: Niels Poulsen (Denmark)

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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!:

Counts	Footwork	You face
<b>1 – 9</b>	<b>Rock R fw, recover, back R, sit back R, 4 hip bumps, fw L, fw R, lock behind</b>	
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) <i>Styling: leave L heel off the floor during all hip bumps (counts 4-7)</i>	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
<b>10 – 17</b>	<b>Swivel ¼ L X 2, fw L, step lock step, step ½ R, L ball step</b>	
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
<b>18 – 25</b>	<b>Rock L fw, recover, L coaster place, heel swivels, L coaster cross</b>	
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
	<i>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)</i>	
<b>26 – 32</b>	<b>R point, cross, L &amp; R side switches, back R, L back rock, recover, fw L</b>	
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 (&) <i>Note: When starting the B section leave out this last &amp;-count to be ready for your weave</i>	12:00

## The B section - SAMBA:

<b>1 – 8</b>	<b>Weave 1/8 L, behind side cross ¼ L, weave ¼ L, behind side cross ¼ L</b>	
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
<b>9 – 16</b>	<b>L bota fogo, R bota fogo, full paddle turn L</b>	
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

<b>17 – 24</b>	<b>R mambo fw, L mambo fw, touch &amp; back step X 4</b>	
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
5&6&	Touch R fw (5), step back on R (&), touch L fw (6), step back on L (&) - <i>or do battucadas!!</i>	12:00
7&8&	Touch R fw (7), step back on R (&), touch L fw (8), step back on L (&) - <i>or do battucadas!!</i>	12:00
<b>25 – 32</b>	<b>Cross, side L, behind &amp; heel, down R, cross, side R, behind &amp; heel, down L</b>	
1 – 2	Cross R over L (1), step L to L side (2)	12:00
3&4&	Cross R behind L (3), step L back (&), touch R heel diagonally fw R (4), step R down (&)	12:00
5 – 6	Cross L over R (5), step R to R side (6)	12:00
7&8&	Cross L behind R (7), step R back (&), touch L heel diagonally fw L (8), step L down (&)	12:00
<b>33 – 40</b>	<b>Cross, side, sailor ½ R, L and R Dorothy steps</b>	
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 (&)	6:00
7 – 8&	Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R (&)	6:00
<b>41 – 48</b>	<b>Step ½ R, full triple turn R, run R L R kick, run L R L kick</b>	
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)	12:00
5&6&	Run fw R (5), run fw L (&), run fw R (6) kick L low fw (&)	12:00
7&8&	Run fw L (7), run fw R (&), run fw L (8), kick R low fw (&)	12:00
<b>49 – 56</b>	<b>R mambo, L and R hitch scoot back, L coaster, R kick ball change</b>	
1&2	Rock fw on R (1), recover on L (&), step back on R (2)	12:00
3&4	Hitch L knee scooting backwards on R (&), step back on L (3), repeat steps with R (&4)	12:00
5&6	Step back on L (5), bring R next to L (&), step fw on L (6)	12:00
7&8	Kick R fw (7), step R next to L (&), step L slightly fw (8)	12:00
<b>57 – 64</b>	<b>Fw R, heel swivels R, fw L, heel swivels, rock R fw, R sailor step</b>	
1&2	Step fw on R (1), swivel both heels to R side (&), return heels to centre (2) – <i>weight on R</i>	12:00
3&4	Step fw on L (3), swivel both heels to L side (&), return heels to centre (4) – <i>weight on L</i>	12:00
5 – 6	Rock fw on R (5), recover weight back to L (6)	12:00
7&8	Cross R slightly behind L (7), step L to L side (&), step R to R side (8)	12:00

### EXTRAS... Woohoo!!!

<b>Tag 1</b>	This tag comes after your 1 <sup>st</sup> B. The beat disappears, now hit the lyrics!!!	
<b>1 – 7</b>	<b>Cross L over R, R chasse, L cross rock, L side rock, L back rock side</b>	
1	Cross L over R (1)	12:00
2&3	Step R to R (2), step L next to R (&), step R to R side (3)	12:00
4&5&	Cross rock L over R (4), recover on R (&), rock L to L side (5), recover on R (&)	12:00
6&7	Rock back on L (6), recover on R (&), step L to L side (7)	12:00
<b>8 – 16</b>	<b>R cross shuffle, L chasse, R cross rock, R side rock, R back rock side, Hold</b>	
8&1	Cross R over L (8), step L to L side (&), cross R over L (1)	12:00
2&3	Step L to L side (2), step R next to L (&), step L to L side (3)	12:00
4&5&	Cross rock R over L (4), recover on L (&), rock R to R side (5), recover on L (&)	12:00
6&7	Rock back on R (6), recover on L (&), step R to R side (7)	12:00
8	Hold (8)	12:00
<b>Tag 2</b>	During your 3 <sup>rd</sup> B, after count 30, facing 12:00: <b>Hold</b> on counts 31-32. <b>Restart with B</b>	12:00
<b>Tag 3</b>	During your 5 <sup>th</sup> B, after count 62, facing 12:00: <b>Hold</b> on counts 63-64. <b>Restart with A</b>	12:00
<b>Restart</b>	After 32& counts of your 5 <sup>th</sup> B, RESTART with the A section rocking fw on R foot...	12:00
	<b>Begin again – GOOD LUCK – and have fun with this one!!!</b> 😊 😊 😊	