

# Strong Again

拍數: 48      牆數: 4      級數: Intermediate / Advanced  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - May 2014  
音樂: Strong Again (Radio Edit) - N-Dubz : (Album: Massive RnB Spring 2009 - iTunes)



Starts after 32 count intro. - Sequence: 48, 48, 48, 32, 32, 32, 32, 32, 32.

## Step, Side Rock, Kick, Together, Forward, Together, Back, Back, Coaster Step.

- 1-2&      Step forward on Left, Rock Right to Right side, recover on Left.
- 3&      Kick Right forward, step Right next to Left,
- 4&5      Step forward on Left, step Right next to Left, step back on Left
- 6      Step back on Right.
- 7&8      Step back on Left, step Right next to Left, step forward on Left.

## 1/4 Cross & Cross, 1/2 Cross & Cross, Cross Side Behind, Behind Side Cross.

- 1&2      Make 1/4 turn to Right as you cross step Right over Left, step Left to Left side, cross step Right over Left. (facing 3.00)
- 3&4      Make 1/2 turn to Left as you cross step Left over Right, step Right to Right side, cross step Left over Right (facing 9.00)
- 5&6      Make 1/4 turn to Right (facing 12.00) as you sweep and cross step Right over Left, step Left Left side, cross step Right behind Left.
- 7&8      Sweep Left out to Left side as you cross step Left behind Right, step Right to Right side, cross step Left over Right.

## 1/4, 1/4 Together, Forward Touch, Forward Touch, Side, Back Rock, Side, Behind 1/4.

- 1-2      Make 1/4 turn to Right stepping forward on Right, 1/4 turn Right stepping Left next to Right.
- 3&4&      Step forward on Right diagonal, touch Left next to Right, step forward on Left diagonal, touch Right next to Left.
- 5-6&      Step Right to Right side, cross rock Left behind Right, recover on Right.
- 7-8&      Step Left to Left side, cross step Right behind Left, make 1/4 turn to Left stepping forward on Left.

## Step, Forward Rock Recover, Back Lock 1/2 , Step, 1/2, Rock Recover.

- 1      Step forward on Right.
- 2-3      Rock forward on Left, recover on Right.
- 4&5      Step back on Left, lock Right over Left, make 1/2 turn to Left stepping forward on Left.
- 6-7      Step forward on Right, pivot 1/2 turn to Left.
- 8&      Rock Right to Right side, recover on Left

## Cross, 1/4, 1/2, Rock & Touch, Side Cross, 1/4, Mambo Step.

- 1      Cross step Right over Left,
- 2-3      Make 1/4 turn Right stepping back on Left, 1/2 turn Right stepping forward on Right.
- 4&5      Side rock to Left, recover on Right, touch Left next to Right,
- &6      Step Left to Left side, cross step Right over Left.
- 7-8&1      Make 1/4 turn to Left stepping forward on Left, rock forward on Right, recover on Left, step back on Right,

## Side, 1/4, Sailor 1/4, Step, 1/2, Step.

- 2-3      Step Left to Left side, make 1/4 turn to Left stepping Right to Right side
- 4&5      Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, step forward on Left.
- 6-7-8      Step forward on Right, make 1/2 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right..

Restart on walls 4.5.6.7.8.

Dance up to and including count 31 then replace count 32 with a Step forward on Right, start dance again.

Last Update - 22nd May 2014

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