

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
