

SEIZE THE DAY

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Maureen & John [Growler] Rowell (Apr 08)

Music: Will My Arms Be Strong Enough by BWO (Bodies Without Organs)

STEP RIGHT, BACK ROCK, RECOVER, STEP $\frac{1}{4}$, FORWARD, $\frac{1}{4}$ PIVOT, CROSS, 2 STEP $\frac{1}{2}$ TURN-CROSS, SIDE ROCK, RECOVER, CROSS

- 1 Step right long step to right
- 2&3 Rock left back, recover on right, step left $\frac{1}{4}$ turn left (9:00)
- 4&5 Step right forward, pivot $\frac{1}{4}$ turn left, cross right over left (6:00)
- 6& Turning $\frac{1}{4}$ right step left back, turning $\frac{1}{4}$ right step right to right (12:00)
- 7 Cross left over right
- 8&1 Rock right to right, recover on left, cross right over left

TURN $\frac{1}{4}$ -STEP BACK, LEFT COASTER, STEP-LOCK-STEP, STEP FORWARD

- 2-3 Step left $\frac{1}{4}$ turn right stepping back, step back right (3:00)
- 4&5 Step back left, step right next to left, step forward left
- 6&7-8 Step forward right, lock left behind right, step forward right, step forward left

TURN $\frac{1}{4}$ LEFT, 2 STEP $\frac{1}{2}$ TURN, CROSS ROCK-RECOVER- SIDE, CROSS ROCK-RECOVER-TOGETHER, 2 STEP FULL TURN-ROCK FORWARD

- 1 Pivot $\frac{1}{4}$ turn left on ball of left, hitching right and stepping right across left (12:00)
- 2& Turn $\frac{1}{4}$ right stepping left back, turn $\frac{1}{4}$ right stepping right to right (6:00)
- 3-4& Cross rock left over right, recover on right, step left to left
- 5-6& Cross rock right over left, recover on left, step right next to left
- 7& $\frac{1}{2}$ turn right stepping back left, $\frac{1}{2}$ turn right stepping forward right (6:00)**

- 8 Rock left forward

Alternate 7&8: step forward left, lock right behind left, rock left forward (6:00)

RECOVER, SWEEP BEHIND, $\frac{1}{4}$, FORWARD, STEP-LOCK-STEP, STEP, $\frac{1}{2}$ & $\frac{1}{4}$ PIVOT, STEP LEFT, TOUCH RIGHT

- 1 Recover on right

- 2&** Sweeping left from front to back step behind right, step right $\frac{1}{4}$ turn right (9:00)
- 3** Step forward left
- 4&5** Step forward right, lock left behind right, step forward right
- 6-7** Step forward left, pivot $\frac{1}{2}$ turn right (3:00)
- 8&** On ball of right pivot $\frac{1}{4}$ right stepping left to left, touch right next to left (6:00)

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=75250