

Strong Again

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Count: 48

Wall: 4

Level: Intermediate / Advanced

Choreographer: Neville Fitzgerald & Julie Harris (May 2014)

Music: Strong Again (Radio Edit) by 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