

ARMSTRONG

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gaye Teather (UK) Oct 08

Music: Will My Arms Be Strong Enough by BWO (CD: Pandemonium [76bpm])

Intro: 16 count intro

Prissy Walks X 2. Side Rock & Cross & Cross Rock. Side. Cross. Unwind Full Turn Right

- 1 - 2** Walk forward Right. Walk forward Left (crossing slightly over with each step forward)
- 3&4** Rock Right to Right side. Recover onto Left. Cross Right over Left
- &5-6** Step Left to Left (small step). Cross rock Right over Left. Recover onto Left
- &7-8** Step Right to Right (small step). Cross Left over Right. Unwind full turn Right (weight remains on Left) (Facing 12 o'clock)

Easy option: Replace step 8 (full unwind) with a Right toe point to Right side

Left Weave. Heel Touch Forward. Together. Cross Rock. Sailor Step

- 1&** Sweep Right out and around stepping Right behind Left. Step Left to Left
- 2&** Cross Right over Left. Step Left to Left
- 3&** Cross Right behind Left. Step Left to Left
- 4&** Touch Right heel forward. Step Right beside Left
- 5 - 6** Cross rock Left over Right. Recover onto Right
- 7&8** Sweep Left around stepping Left behind Right. Step Right to Right. Step forward on Left

****RESTART here DURING walls 2 and 7 - you will be facing 3 'clock both times**

Forward Rock & Half Turn Right. Forward Rock & Half Turn Left. Step. Full Turn Left. Back Mambo. Touch.

- 1&2** Rock forward on Right. Recover onto Left. Half turn Right stepping forward on Right
- 3&4** Rock forward on Left. Recover onto Right. Half turn Left stepping forward on Left
- 5&6** Step forward on Right. Pivot half turn Left. Half turn Left stepping back on Right (Facing 12 o'clock)
- 7&8** Rock back on Left. Recover onto Right. Touch Left beside Right (Dip knees slightly on rock)

Easy option: Steps 5&6 can be replaced with a Right forward mambo

**Quarter Turn Left. Shuffle. Step. Pivot Half Turn Left. Step. Triple Full Turn Right.
Back. Together. Run. Run**

- 1&2** Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left
- 3&4** Step forward on Right. Pivot half turn Left. Step forward on Right
- 5&6** Half turn Right stepping back on Left. Half turn Right stepping forward on Right. Step forward on Left (Facing 3 o'clock)

Easy option: Steps 5&6 (Triple full turn) can be replaced with a Left shuffle forward

- &7** Step back on Right. Step Left beside Right
- &8** Run forward Right. Left

Start Again

Restarts are easy to spot as they OCCUR on the 3 o'clock wall both times