

Feel So Strong

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Count: 40

Wall: 4

Level: High Improver / Easy Intermediate

Choreographer: Martie Papendorf . South Africa. (July 2013)

Music: Feel So Strong. Pj. Powers & Hip Hop Pantsula. Album: Jabulani. [3:40 - 90 bpm]

Intro. : 16 counts from 1st "heavy" beat [+/- 21 sec.], Start on vocals: "Yesterday".

#1: Fwd, Lock, Step, Syncopated rocking chair, Fwd, Hitch ¼ left, Cross, Rock, Recover, Fwd

1,2 Step R fwd, Lock L behind R,

&3&4& Step R in place, Rock L fwd, Recover back onto R, Rock L back, Recover fwd onto R,

5,6 Step L fwd, Make a ¼ turn left rising on ball of L hitching R across body,[9.00]

[Optional arms for count 6: L elbow to R knee]

7&8& Step R across L, Rock L to left side, Recover R to right side, Step L fwd [9.00]

Restart here during wall 3, facing 3.00

#2: Step, Side ¼ left, Cross, Full triple turn right, Mambo fwd, Mambo back

1,2 Step R fwd, Make a ¼ turn left stepping L to left side, [6.00]

3&4& Step R across L, Step L back making a ¼ turn right [9.00], Step R fwd making a ½ turn right [3.00], Step L fwd making a ¼ turn right,[6.00]

5&6 Rock R fwd, Recover L back, Step R next to L,

7&8 Rock L back, Recover R fwd, Step L next to R [6.00]

#3: Step, Fwd, Pivot ½ right, Back ½ right, Lock, Back, Step, Walk fwd R, L, Coaster step

&1,2 Step R in place, Step L fwd, Step R fwd making a ½ turn right, [12.00]

3&4 Step L back making a ½ turn right [6.00], Lock R across L, Step L back,

&5,6 Step R next to L, Walk back L, R,

7&8 Step L back, Step R next to L, Step L fwd [6.00]

#4: Step, Cross, Side, Together, Cross, Side, Behind, Side, Cross, Side, Touch, Side, Step, Syncopated rocking chair

&1&2 Step R in place, Step L across R, Step R slightly to right side, Step L next to R,

- 3&4&** Step R across L, Step L to left side, Cross R behind L, Step L to left side, Step R across L,
5&6& Step L to left side [slightly fwd], Touch R to L, Step R to right side [slightly fwd], Step L next to R,
7&8& Rock R fwd, Recover L back, Rock R back, Recover L fwd [6.00]

#5: Fwd, Draw, Fwd, Draw, Cross, Back ¼ right, Side, Fwd, Step, Hitch, Back, Behind, Side ¼ left, Cross, Fwd ¼ left

- 1&** Step R boldly to right diagonal moving left shoulder fwd, Draw L from back passing R,
2& Step L boldly to left diagonal moving right shoulder fwd, Draw R from back passing L,
3& Step R across L, Step L back making a ¼ turn right [9.00],
4& Step R to right side, Step L fwd,
5&6 Step R fwd, Hitch L knee lifting R heel, Step L back, [9.00]
7&8& Cross R behind L, Step L to left side making a ¼ turn left [6.00], Step R across L, Step L fwd making a ¼ turn left [3.00]

Restart: after section 1 during wall 3, facing 3.00.

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