Armstrong

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Gaye Teather (UK) - October 2008
Music: Will My Arms Be Strong Enough - BWO : (CD: Pandemonium)

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