

Good To Be Strong

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Carrie Ann Green (ES) - October 2013

Music: Strong - Matt Goss : (Album: Life you Imagine)



32 Count intro

Seq.: 32,32,32, 16, 32,32,32, 16, 32,32,Tag,32, 32

Section 1: R Cross Rock, Chasse Right, L Cross Rock, Chasse ¼ turn Left

- 1-2 Cross rock right over left recover weight onto left
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Cross rock Left over Right, recover weight on Right
- 7&8 Step Left to Left side. Close Right beside Left. Turn 1/4 Left stepping forward on Left. (9.00)

Section 2: Step R forward, Pivot ½ turn L, Shuffle Forward R, L Rock Recover, L Coaster Step

- 1-2 Step right forward, pivot half turn left (3.00)
- 3&4 Step right forward, step left next to right, step right forward (R,L,R)
- 5-6 Rock Left forward, recover onto Right
- 7&8 Step Left back, step Right next to Left, step Left forward

Restart here wall 4 facing 6.00 & wall 8 facing 12.00

Section 3: R Side Rock recover, Sailor ½ turn R, Cross Side, behind and Cross

- 1-2 Rock Right to right side, recover on Left
- 3&4 Turn 1/4 right stepping right behind left, Turn 1/4 right stepping left to side. Step right forward (R,L,R) (9.00)
- 5-6 Cross left over right, step right to side
- 7&8 Cross left behind right, step right to side, cross left over right

Section 4: Diagonal back. Touch/clap. Diagonal back. Touch/clap, Rolling Vine Right

- 1-2 Step back on Right to Right diagonal. Touch Left beside Right and clap hands
- 3-4 Step Left back to Left diagonal. Touch Right beside Left and clap hands
- 5-6 Make ¼ Turn Right Stepping Fwd Right, Make ½ Turn Right Stepping Back Left,
- 7-8 Make ¼ Turn Right Stepping Right to Right Side, Step Left Next to Right (easier option Right grapevine stepping L next to R)

TAG: End of wall 10 music slows, 6 count Tag facing 6.00 –

Right Jazz Box, Step out Right, Step out Left, into new wall

- 1-4 Cross Right Over Left, Step Back Left, Step Right to Right Side, Step Fwd Left
- 5-6 Step out right diagonal, step out left diagonal

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