

# Strong Again

**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**