

# Comin' On Strong!

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Charlie Bowring (UK), Rob Fowler (ES) & I.C.E. (ES) - September 2021

**Music:** Comin' On Strong - Trace Adkins



**Intro: 16 counts (approx. 10 secs)**

**S1: TOUCH RIGHT HEEL FORWARD, RIGHT TOE BACK, RIGHT SHUFFLE FORWARD, ROCK, RECOVER, ¼ LEFT, CLOSE, ¼ LEFT**

- 1-2 Touch right heel forward, touch right toe back
- 3&4 Step right forward, step instep of left to right heel, step right forward
- 5-6 Rock left forward, recover on to right
- 7&8 Step left to side making ¼ turn left, step right next to left, step left forward making ¼ turn left (6:00)

**RESTART: Restart here during WALL 5 facing 6:00.**

**S2: WEAVE WITH SWEEP, BEHIND LEFT, SIDE RIGHT, CROSS ROCK, RECOVER, SIDE**

- 1-2 Step right across left, step left to left side
- 3-4 Step right behind left, sweep left from front to back
- 5-6 Step left behind right, step right to right side
- 7&8 Cross rock ball of left over right, recover on to right, step left to left side

**S3: SWAY RIGHT, LEFT (WITH CLOSE), CHASSE RIGHT, CROSS, BACK, SHUFFLE ¼ LEFT**

- 1-2 Sway hips to right, sway hips to left (dragging right into a touch next to left)
- 3&4 Step right to right side, step left next to right, step right to right side
- 5-6 Step left across right, step right back
- 7&8 Step left forward making ¼ turn left, step instep of right to left heel, step left forward (3:00)

**S4: RIGHT FORWARD, ½ LEFT KICKING LEFT, ROCK BACK, RECOVER, FULL TURN RIGHT, LEFT SHUFFLE FORWARD**

- 1-2 Step right forward, ½ turn left on ball of right kicking left forward (9:00)
- 3-4 Rock left back, recover on to right
- 5-6 ½ turn right stepping left back, ½ turn right stepping right forward  
**(non-turning option for counts 5-6: walk forward left, right)**
- 7&8 Step left forward, step instep of right to left heel, step left forward

**Start Over**