

# Stay Strong

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2017  
音乐: I'm Not Going Home - Jess and the Bandits



Start after 8 count intro (5 secs) – 98 bpm – 2mins 52secs

Music Available: Amazon

## [1-8] R box fwd, L box back, R chassé, L coaster step

1&2      Step R side, step L together, step R forward  
3&4      Step L side, step R together, step L back  
5&6      Step R side, step L together, step R side  
7&8      Step L back, step R together, step L forward

## [9-16] R/L heel switches, R/L turning toe switches, R/L heel switches, R kick ball step

1&2&      Touch R heel forward, step R together, touch L heel forward, step L together  
3&4      Touch R toe together, turning ¼ right step R side, touch L toe together (3 o'clock)  
&5&6      Turning ¼ right step L back, touch R heel forward, step R together, touch L heel forward (6 o'clock)  
&7&8      Step L together, kick R forward, step R back, step L forward

**END:** Final wall dance first 16 counts which leaves you facing L side wall. To end facing front wall, turn ¼ R and cross step R over L & hold.

## [17-24] R fwd, ¼ R paddle turn, ¼ R paddle turn, L fwd shuffle, R fwd, ¼ L pivot turn, R cross over, L side

1-3      Step R forward, turning ¼ right on R foot point L side (9 o'clock), turning ¼ right on R foot point L side (12 o'clock)

**TAG/RESTART:** During wall 3 which starts facing back wall, dance first 19 counts.

**Add 1 count Tag – step L forward, and Restart the dance facing back wall.**

4&5      Step L forward, step R together, step L forward  
6&7      Step R forward, pivot ¼ left, cross step R over L (9 o'clock)  
8      Step L side

## [25-32] R behind-side-cross, L rock/recover, L cross over, R chassé, L behind-side-cross

1&2      Cross step R behind L, step L side, cross step R over L  
3&4      Rock L side, recover weight on R, cross step L over R  
5&6      Step R side, step L together, step R side  
7&8      Cross step L behind R, step R side, cross step L over R

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Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P