拍数： 32
墙数： 4
级数：Intermediate
编舞者：Gaye Teather（UK）－October 2008
音乐：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．
$1 \& 2 \quad$ 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
$5 \& 6 \quad$ 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
$1 \& 2 \quad$ Quarter turn Left stepping forward on Left．Step Right beside Left．Step forward on Left
$3 \& 4 \quad$ 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

