



Approved by:

*Maggie Gallagher*

# Stronger

## 4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 & 3 & 4 & 5 <b>Note</b> <b>Option</b> 6 & 7 & 8	<b>Weave, Heel &amp; Cross, Back, Full Heel Spin, Heel Jack</b> Cross right over left. Step left to left side. Cross right behind left. Step left to left side. Tap right heel forward on right diagonal. Step right beside left. Cross left over right. Step right back. Dig left heel forward making full heel turn right. (12:00) The right foot stays off the floor during this turn. Replace full turn with a left heel grind on the spot. Step right back behind left. Step left beside right. Tap right heel forward. Step right beside left. Touch left toe beside right.	Cross Side Behind Side Heel & Cross & Turn Back & Heel & Touch	Left Right Turning right Back On the spot
<b>Section 2</b> & 1 - 2 & 3 - 4 & 5 - 6 7 & 8	<b>Out Out Hitch, &amp; Step Pivot 1/2, &amp; Walk x 2, Full Turn, Step</b> Step left out to left side. Step right in place. Hitch left knee across right. Step left beside right. Step right forward. Pivot 1/2 turn left. (6:00) Step right beside left. Walk forward left. Walk forward right. (Moving forward slightly) Make 1/2 turn right, stepping left back. Make 1/2 turn right stepping right forward. Step left forward. (6:00)	Out Out Hitch & Step Pivot & Left Right Turn Turn Step	On the spot Turning left Forward Turning right
<b>Section 3</b> 1 - 2 3 & 4 & 5 - 6 7 & 8	<b>Forward Rock, Coaster 1/4, &amp; Forward Rock, Triple Full Turn</b> Rock forward on right. Recover onto left Step right back. Step left beside right. Make 1/4 turn right stepping right forward. Step left beside right. Rock forward on right. Recover onto left. (9:00) Make full triple turn right, stepping - right, left, right (weight firmly on right).	Forward Rock Coaster Turn & Forward Rock Triple Full Turn	On the spot Turning right On the spot Turning right
<b>Section 4</b> 1 & 2 & 3 & 4 & 5 - 6 7 & 8	<b>Side Switches, &amp; Kick &amp; Touch, &amp; Side Rock, Sailor Step</b> Point left to left side. Step left beside right. Point right to right side. Step right beside left. Kick left forward. Step left beside right. Touch right toe beside left. Step right beside left in place. Rock left out to left side. Recover onto right. Cross left behind right. Step right to right side. Step left to place. (9:00)	Point & Point & Kick & Touch & Side Rock Sailor Step	On the spot
<b>Ending</b>	<b>Music changes so you know track is reaching the end. On counts 31 &amp; 32:</b> Make sailor 1/2 turn left to face front. Stomp forward on right.	Sailor Turn	Turning left

**Choreographed by:** Maggie Gallagher (UK) May 2008

**Choreographed to:** 'Strong' by Sanna Nielsen (120 bpm) from CD Stronger; available from [www.amazon.com](http://www.amazon.com) also available as download from [www.klicktrack.com/lionheart](http://www.klicktrack.com/lionheart) (48 count intro - 28 secs)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)