

Stay Strong

Count: 32

Wall: 4

Level: Improver

Choreographer: Alison Biggs & Peter Metelnick (TheDanceFactoryUK) October 2017

Music: 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

Tel: 01462 735778 - Email: info@thedancefactoryuk.co.uk - Website: www.thedancefactoryuk.co.uk

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