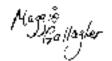
STEPPIN'OFF



THEPage



Approved by:



Stronger

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

www.klicktrack.com/lionheart (48 count intro - 28 secs)



A video clip of this dance is available at www.linedancermagazine.com