

## Good To Be Strong

Phrased, 32 Count, 4 Wall, Improver

Choreographer: Carrie Ann Green (Spain) Oct 2013

Choreographed to: Strong by Matt Goss, Album: Life You Imagine

---

32 Count intro

Seq.: 32,32,32, 16, 32,32,32, 16, 32,32,Tag, 32, 32

**1 R Cross Rock, Chasse Right, L Cross Rock, Chasse ¼ turn Left**

- 1-2 Cross rock right over left recover weight onto left  
3&4 Step right to right side, step left next to right, step right to right side  
5-6 Cross rock Left over Right, recover weight on Right  
7&8 Step Left to Left side. Close Right beside Left. Turn 1/4 Left stepping forward on Left. (9.00)

**2 Step R forward, Pivot ½ turn L, Shuffle Forward R, L Rock Recover, L Coaster Step**

- 1-2 Step right forward, pivot half turn left (3.00)  
3&4 Step right forward, step left next to right, step right forward (R,L,R)  
5-6 Rock Left forward, recover onto Right  
7&8 Step Left back, step Right next to Left, step Left forward

**Restart** here wall 4 facing 6.00 & wall 8 facing 12.00

**3 R Side Rock recover, Sailor ½ turn R, Cross Side, behind and Cross**

- 1-2 Rock Right to right side, recover on Left  
3&4 Turn 1/4 right stepping right behind left, Turn 1/4 right stepping left to side. Step right forward (9.00)  
5-6 Cross left over right, step right to side  
7&8 Cross left behind right, step right to side, cross left over right

**4 Diagonal back. Touch/clap. Diagonal back. Touch/clap, Rolling Vine Right**

- 1-2 Step back on Right to Right diagonal. Touch Left beside Right and clap hands  
3-4 Step Left back to Left diagonal. Touch Right beside Left and clap hands  
5-6 Make ¼ Turn Right Stepping Fwd Right, Make ½ Turn Right Stepping Back Left,  
7-8 Make ¼ Turn Right Stepping Right to Right Side, Step Left Next to Right  
(easier option Right grapevine stepping L next to R)

**TAG:** End of wall 10 music slows, 6 count Tag facing 6.00 –

**Right Jazz Box, Step out Right, Step out Left, into new wall**

- 1-4 Cross Right Over Left, Step Back Left, Step Right to Right Side, Step Fwd Left  
5-6 Step out right diagonal, step out left diagonal
-