

## Armstrong

32 Count, 4 Wall, Intermediate

Choreographer: Gaye Teather (UK) Oct 08  
Choreographed to: Will My Arms Be Strong Enough  
by BWO, CD: Pandemonium (76bpm)

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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 o'clock both times

**Forward Rock & 1/2 Turn Right. Forward Rock & 1/2 Turn Left. Step. Full Turn Left. Back Mambo. Touch.**

- 1&2 Rock forward on Right. Recover onto Left. 1/2 turn Right stepping forward on Right  
3&4 Rock forward on Left. Recover onto Right. 1/2 turn Left stepping forward on Left  
5&6 Step forward on Right. Pivot 1/2 turn Left. 1/2 turn Left stepping back on Right (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

**1/4 Turn Left. Shuffle. Step. Pivot 1/2 Turn Left. Step. Triple Full Turn Right. Back. Together. Run. Run**

- 1&2 1/4 turn Left stepping forward on Left. Step Right beside Left. Step forward on Left  
3&4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right  
5&6 1/2 turn Right stepping back on Left. 1/2 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

Restarts are easy to spot as they OCCUR on the 3 o'clock wall both times

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