

Coming Back Stronger



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 96 Count 2 Wall Phrased Advanced Level Dance.

Choreographed by: Shane McKeever (IRL) Dec 2022

Choreographed to: Coming Back Stronger by Silverberg & Sarah Reeves

Intro: 16 Counts. Start at approx 18 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A, B, A, B, A, A, B, B Part A SEC₁ CROSS, SIDE ROCK, CROSS, SIDE, TOUCH, POINT, TOUCH SIDE WITH SWEEP, CROSS, SIDE, BACK DIAGONAL STEP, FLICK, STEP, ½ TURN 1&2& Cross R over L, Rock L to L side, Recover on to R, Cross L over R 3&4& Step R to R side, Touch L next to R, Point L to L side, Touch L next to R 5-6&7 Step L to L side sweeping R forward, Cross R over L, Step L to L side, 1/8 Turn R Stepping R back (1:30) Fick L across R looking back over R shoulder, Step L Forward, ½ Turn L stepping R back (7:30) &8& SEC 2 1/2 TURN LUNGE FORWARD, BACK X2, 1/2 TURN ROCK, BACK, SIDE HAND MOVEMENTS WITH CHEST POP, DRAG IN, RUN, RUN 1-2& 1/2 Turn L lunging L forward, Recover on to R, Step L Back (1:30) 1/4 Turn R Rocking R to R side continue to rotate another 1/4 R, Recover on to L, Step R back, Step L to L side (6:00) 3-4&5 Place R hand on chest, Place L hand on Diaphragm a6 &7 Pop chest out opening hands, contract chest bring hands back to chest dragging R into L 88 Walk R forward, Walk L forward Part B SEC 1 SCUFF, OUT OUT, SCOOPY WITH 1/8 TURN, POINT FORWARD, POINT SIDE, SAILOR STEP 1/4 TURN 1&2 Scuff R, Step R to R diagonal, Step L to L (12:00) 3-4 Roll R knee in, Roll R knee out placing weight on to R angling body to R diagonal (1:30) 5-6 Point L forward, Point L to L 7&8 Cross L behind R, Step R next to L, Step L to L making 1/4 turn L (10:30) SEC 2 CROSS, % TURN BACK, KICK BALL CROSS, SLIDE, HOLD, BEHIND, SIDE, CROSS 1-2 Cross R over L, % Turn R stepping L back (3:00) 3&4 Kick R forward, Step R next to L, Cross L over R 5-6 Slide R to R, Hold 7&8 Cross L behind R, Step R to R, Cross L over R

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SEC 3

1-2

3&4 5-6

7&8

⅓ TURN ROCK FORWARD, BEHIND, ⅙ TURN SIDE, CROSS, ¼ TURN STEP, ½ TURN L BACK, COASTER STEP

Making 1/8 turn R Rocking R forward (optional muscle arms), Recover on to L (4:30)

Cross R behind L, 1/8 turn L stepping L to L, Cross R over L (3:00)

1/4 turn L Stepping L forward, 1/2 turn L stepping R back (6:00)

Step L back, Step R next to L, Step L forward

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SEC 4 1-2	ROCK, 1/4 TURN SIDE, LOOK AND CLICK, FULL TURN, SIDE CHASSE
1-2 3-4	Rock R forward, Recover on to L 1/4 turn R stepping R to R, Look to 12:00 and click R hand (9:00)
5- 4 5-6	1/4 turn L recovering weight on to L, 1/2 turn L stepping R back (12:00)
7&8	1/4 turn L stepping L to L, Step R next to L, Step L to L (9:00)
7 QO	74 turn L stepping L to L, Step K flext to L, Step L to L (9.00)
SEC 5	⅓ TURN KICK, STEP, TOUCH BEHIND, BACK, KICK BALL FORWARD
	PIVOT ½ TURN, ½ TURN BACK, COASTER STEP
1&2	⅓ turn L Kicking R forward, Step R forward, Touch L behind R (7:30)
&3&4	Step L back, Kick R forward, Step R next to L, Step L forward
5-6	1/2 Turn R transferring weight to R, 1/2 turn R stepping L back
7&8	Step R back, Step L next to R, Step R forward
SEC 6	STOMP OUT OUT, BACK SLIDE, HOLD, BALL FORWARD, ROCK, 1/8 TURN SIDE CHASSÉ
&1-2-3	Stomp L to L diagonal, Stomp R to R, Slide L back, Hold
&4	Step R next to L, Step L forward
5-6	Rock R forward, Recover onto L
7&8	1/8 turn R Stepping R to R, Step L next to R, Step R to R (9:00)
SEC 7	WEAVE, ¼ TURN STEP, STEP PIVOT ¼ TURN, CROSS SHUFFLE
1-2	Cross L over R, Step R to R
3-4	Cross L behind R, ¼ Turn R stepping R forward (12:00)
5-6	Step L forward, ¼ turn R Transferring weight to R (3:00)
7&8	Cross L over R, Step R to R, Cross L over R
SEC 8	SIDE, 1/8 TURN BEND, HITCH, POINT, TURN 3/8 BEND, HITCH, STEP PIVOT 1/2 TURN
1-2	Step R to R bending both knees, Staying in that crouched position 1/8 Turn R (4:30)
3-4	Straightening up hitch L knee, Touch L back bending knees
5-6	¾ turn L transferring weight to L with knees bent, Straightening up hitch R knee (12:00)
7-8	Step R forward, ½ Turn L Transferring weight to L (6:00)
. •	5.5.p
Endina	After 32 Cross R over I. Unwind 3/ L to (12:00) finishing with weight on R, arms in Muscle pose (12:00)

