

Coming Back Stronger

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Count: 80 **Wall:** 2 **Level:** Phrased Advanced

Choreographer: Shane McKeever (N.IRE) - December 2022

Music: - Silverberg & Sarah Reeves

Intro: 16 Counts, approx.. on the lyrics at approx. 18 seconds

Note: Count part A at half time rhythm and part B at regular rhythm

Sequence: AA B A B AA BB

Part A: 16c

[1 - 8] Cross, Side Rock, Cross, Side, Touch, Point, Touch, Side with Sweep, Cross, Side, Back Diagonal Step, Flick, Step, ½ Turn L

1&2& Cross R over L, Rock L to L side, Recover on to R, Cross L over R 12:00

3&4& Step R to R side, Touch L next to R, Point L to L side, Touch L next to R 12:00

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

&8& Fick L across R looking back over R shoulder, Step L Forward, ½ Turn L stepping R back 7:30

[9 - 16] ½ Turn L Lunging L Forward, Back x2, ½ Turn R Rock, Back, Side, Hand Movements with Chest Pop, Drag In, Run, Run

1,2&½ Turn L lunging L forward, Recover on to R, Step L Back 1.30

3,4&5¼ Turn R Rocking R to R side continue to rotate another ¼ R, Recover on to L, Step R back, Step L to L side 6:00

a6&7 Place R hand on chest, Place L hand on Diaphragm, Pop chest out opening hands, contract chest bring hands back to chest dragging R into L 6:00

8& Walk R forward, Walk L forward 6:00

Part B: 64c

[1 - 8] Scuff, Out Out, Scoopy with 1/8 turn, Point Forward, Point Side, Sailor Step ¼ 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 1:30
- 7&8 Cross L behind R, Step R next to L, Step L to L making $\frac{1}{4}$ turn L 11:30

[9 -16] Cross, 3/8 turn R Step Back, Kick Ball Cross, Slide, Hold, Behind, Side, Cross

- 1,2 Cross R over L, 3/8 Turn R stepping L back 3:00
- 3&4 Kick R forward, Step R next to L, Cross L over R 3:00
- 5,6 Slide R to R, Hold 3:00
- 7&8 Cross L behind R, Step R to R, Cross L over R 3:00

[17 - 24] 1/8 Turn R Rock Forward, Behind, 1/8 Turn L Step Side, Cross, $\frac{1}{4}$ Turn L Step Forward, $\frac{1}{2}$ Turn L Step Back, Coaster Step

- 1,2 Making 1/8 turn R Rocking R forward (optional muscle arms), Recover on to L 4:30
- 3&4 Cross R behind L, 1/8 turn L stepping L to L, Cross R over L 3:00
- 5,6 $\frac{1}{4}$ turn L Stepping L forward, $\frac{1}{2}$ turn L stepping R back 6:00**
- 7&8 Step L back, Step R next to L, Step L forward 6:00

[25 - 32] Rock Step, $\frac{1}{4}$ Turn R Side Step, Look and Click, Full Turn, L Side Chassé

- 1,2 Rock R forward, Recover on to L 6:00
- 3,4 $\frac{1}{4}$ turn R stepping R to R, Look to 12:00 and click R hand 9:00**
- 5,6 $\frac{1}{4}$ turn L recovering weight on to L, $\frac{1}{2}$ turn L stepping R back 12:00**
- 7&8 $\frac{1}{4}$ turn L stepping L to L, Step R next to L, Step L to L 9:00**

[33 - 40] 1/8 Turn L Kick R, Step Forward, Touch Behind, Back, Kick Ball Forward, Pivot $\frac{1}{2}$ Turn R, $\frac{1}{2}$ Turn R Step Back, Coaster Step

- 1&2 $\frac{1}{8}$ 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 7:30
- 5,6 $\frac{1}{2}$ Turn R transferring weight to R, $\frac{1}{2}$ turn R stepping L back 7:30**
- 7&8 Step R back, Step L next to R, Step R forward 7:30

[41 - 48] Stomp Out Out, Back Slide, Hold, Ball Forward, Rock, 1/8 Turn R Side Chassé

&1,2,3 Stomp L to L diagonal, Stomp R to R, Slide L back, Hold 7:30

&4 Step R next to L, Step L forward 7:30

5,6 Rock R forward, Recover onto L 7:30

7&8 1/8 turn R Stepping R to R, Step L next to R, Step R to R 9:00

[49 - 56] Weave, 1/4 Turn R Step Forward, Step Pivot 1/4 Turn R, Cross Shuffle

1,2 Cross L over R, Step R to R 9:00

3,4 Cross L behind R, 1/4 Turn R stepping R forward 12:00

5,6 Step L forward, 1/4 turn R Transferring weight to R 3:00

7&8 Cross L over R, Step R to R, Cross L over R 3:00

[57 - 64] Side, 1/8 Turn R Bend, Hitch, Point, Turn 3/8 Turn with Bend, Hitch, Step Pivot 1/2 Turn L

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 4:30

5,6 3/8 turn L transferring weight to L with knees bent, Straightening up hitch R knee 12:00

7,8 Step R forward, 1/2 Turn L Transferring weight to L 6:00

Ending: Facing 9:00 after 32, Cross R over L, Unwind 3/4 L to 12:00 finishing with weight on R, arms in Muscle pose. 12.00