

# Armstrong

Choreographed by Gaye Teather

<b>Description:</b> 32 count, 4 wall, intermediate nightclub line dance
<b>Music:</b> <b>Will My Arms Be Strong Enough</b> by BWO (Bodies Without Organs)

16 count intro

## **PRISSY WALKS TWICE, 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 side, recover onto left, cross right over left  
&5-6 Step left to side (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 12:00)

*Easy option: replace step 8 (full unwind) with a right toe point to right side*

## **LEFT WEAWE, HEEL TOUCH FORWARD, TOGETHER, CROSS ROCK, SAILOR STEP**

1& Sweep right out and around stepping right behind left, step left to side  
2& Cross right over left, step left to side  
3& Cross right behind left, step left to side  
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 left forward

*Restart here during walls 2 and 7 - you will be facing 3:00 both times*

## **FORWARD ROCK & ½ TURN RIGHT, FORWARD ROCK & ½ TURN LEFT, STEP, FULL TURN LEFT, BACK MAMBO TOUCH**

1&2 Rock right forward, recover onto left, ½ turn right stepping right forward  
3&4 Rock left forward, recover onto right, ½ turn left stepping left forward  
5&6 Step right forward, pivot ½ turn left, ½ turn left stepping right back (facing 12:00)  
7&8 Rock left back, 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*

## **¼ TURN LEFT, SHUFFLE, STEP, PIVOT ½ TURN LEFT, STEP, TRIPLE FULL TURN RIGHT, BACK, TOGETHER RUN, RUN**

1&2 ¼ turn left stepping left forward, step right beside left, step left forward  
3&4 Step right forward, pivot ½ turn left, step right forward  
5&6 ½ turn right stepping left back, ½ turn right stepping right forward, step left forward (facing 3:00)

*Easy option: steps 5&6 (triple full turn) can be replaced with a left shuffle forward*

&7 Step right back, step left beside right  
&8 Run forward right, left

## **REPEAT**

## **RESTART**

*Restart after count 16 on walls 2 and 7*