# Astrong kinda something 

## 48 COUNTS - HIGH IMPROVER LEVEL - 2 WALL

| $\begin{gathered} \hline \text { Section } 1 \\ 1-2 \& \\ 3-4 \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Side Rock/Recover, Ball, Side Rock/Recover, Cross, Side, 1/8 Back-Lock-Step <br> LF rock side, recover on RF, LF close on ball next to RF <br> RF rock side, recover on LF <br> RF cross over LF, LF step side <br> 1/8 turn R \& RF step back, LF lock in front of RF, RF step back | 1:30 |
| :---: | :---: | :---: |
| $\begin{gathered} \hline \text { Section } 2 \\ 1-2 \\ 3 \& 4 \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Back, $1 / 4$ Fwd, Step-Lock-Step, Step Fwd, $1 / 8$ Side, Sailor Step <br> LF step back, $1 / 4$ turn R \& RF step forward <br> LF step forward, RF lock behind LF, LF step forward <br> RF step forward, $1 / 8$ turn $R \&$ LF step side <br> RF cross behind LF, LF step side, RF step side | $\begin{aligned} & 4: 30 \\ & 6: 00 \end{aligned}$ |
| $\begin{gathered} \text { Section } 3 \\ 1-2 \& \\ 3-4 \\ 5 \& 6 \\ 7-8 \end{gathered}$ | Heel Grind, Ball-Cross, $1 / 4$ Back, Chasse, Cross Rock/Recover <br> LF cross over RF on L-heel, twist L-toes to L while stepping RF side, LF close on ball next to RF <br> RF cross over LF, $1 / 4$ turn $R \& L F$ step back <br> RF step side, LF close next to RF, RF step side <br> LF rock across RF, recover on RF | 9:00 |
| $\begin{gathered} \hline \text { Section } 4 \\ 1-2 \\ 3 \& 4 \\ 5-6 \\ 7-8 \end{gathered}$ | Side Rock/Recover, $1 / 4$ Coaster Step, Step, $1 / 2$ Pivot, $1 / 2$ Turn Walking Back <br> LF rock side, recover on RF (optional: sways) <br> $1 / 4$ turn L \& LF step back, RF close next to LF, LF step forward <br> RF step forward, make $1 / 2$ turn $L$ putting weight on LF <br> $1 / 2$ turn L \& RF step back, LF step back | $\begin{gathered} \text { 6:00 } \\ \text { 12:00 } \\ \text { 6:00 } \end{gathered}$ |
| $\begin{gathered} \hline \text { Section } 5 \\ 1-2 \\ 3 \& \\ 4 \& \\ 5-6 \\ 7 \& 8 \end{gathered}$ | Back Rock/Recover, Heel Switches, Rock Fwd/Recover, Back-Lock-Step <br> RF rock back, recover on LF <br> RF touch heel forward, RF close on ball next to LF <br> LF touch heel forward, LF close on ball next to RF <br> RF rock forward, recover on LF <br> RF step back, LF lock in front of RF, RF step back |  |
| $\begin{gathered} \hline \text { Section } 6 \\ 1-2 \\ 3 \& 4 \\ 5-6 \\ 7-8 \end{gathered}$ | Back Rock/Recover, Side Rock-\&-Cross, Slide, Behind Rock/Recover <br> LF rock back, recover on RF <br> LF rock side, recover on RF, LF cross over RF <br> RF take a large step side, drag LF towards RF <br> LF rock slightly behind RF, recover on RF |  |
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