

I Get Up Again

32 Count 2 Wall Improver

Choreograph: Ann-Kristin Sandberg (Norway) Feb-18

Music: "Stronger Than I've ever been" (piano edit) By Kaleena Zanders(2.54)

INTRO: 16 counts (dance start 1 count before vocal)

Forw-Rock recover-Back with sweep-Behind-Side-Rock recover-1/2 turn R-Rock recover-1/8 turn L-Side step

- 1-2& Step R forw, Step L forw, Recover onto R
- 3-4& Step L backw & sweep R to R side at same time, Cross R behind L, Step L to L side
- 5-6& Step R diagonal forw to L(10.30),Recover onto L, ½ turn R stepping R forw(4.30)
- 7-8& Step L forw, Recover onto R, 1/8 turn L stepping L to L side (F03)

Rock recover-1/2 turn R-Step-1/2 turn L-1/2 turn L-Rock recover-Together-Back-1/4 turn R recover

- 1-2& Step R forw, Recover onto L, ½ turn R stepping R forw(F09)
- 3-4& Step L forw, ½ turn L stepping R backw, ½ turn L stepping L forw(F09)
- 5-6& Step R forw, Recover onto L, Step R next to L
- 7-8& Step L backw, ¼ turn R stepping R to R side, Recover onto L(F12)

Side-Back Recover-1/4 turn L with sweep-Forw with sweep-Rock recover-1/4 turn L-Cross-Side-Back Recover

- 1-2& Step R to R side(long step),Step L backw, Recover onto R
- 3-4 ¼ turn L stepping L forw(09)& sweep R out to R side at same time, Step R forw & sweep L out to L side at same time
- 5&6& Step L forw, Recover onto R, ¼ turn L stepping L to L side, Cross R over L (F06)
- 7-8& Step L to L side, Step R backw, Recover onto L

Side-Back Recover-1/4 turn L with sweep-1/4 turn L-Touch-Step-Pivot ½ turn L-Forw recover-Back recover

- 1-2& Step R to R side, Step L backw, Recover onto R
- 3-4 ¼ turn L stepping L forw(F03)Sweep R out to R side at same time, ¼ turn L touching R next To L (F12)
- 5-6 Step R forw, Pivot ½ turn L (F06)
- 7&8& Step R forw, Recover onto L, Step R backw, Recover onto L

(Ending: The dance ends F 06..Make ½ turn L stepping R backw & touch L next to R (F12))

ENJOY & HAPPY DANCING!