



# SEIZE THE DAY

Choreographers : **Maureen & John "Growler" Rowell** (UK) 26-Feb-08 Rev 0

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32 Count, 2 wall, Int. Linedance

Music: "Will My Arms Be Strong Enough" by BWO

BPM: 76

Album: Halcyon Days

Intro: 16 counts / 12 secs (Just before vocals)

Rotation: N/A

Numbers in square brackets [ ] indicate facing wall and turn rotation. Start facing [12]

Fully Qualified D & G Western Dance Instructor  
BWDA Level 3, NTA Member, CMA Member  
Guild of Professional Teachers of Dance

**1-9 STEP RIGHT - BACK ROCK - RECOVER, STEP QUARTER - FORWARD, QUARTER PIVOT - CROSS, 2 STEP HALF TURN-CROSS, SIDE ROCK - RECOVER - CROSS.**

- 1 (1)Step right long step to right. [12]
- 2&3 (2)Rock back on left, (&)recover on right, (3)step left quarter turn left. [CCW, 9]
- 4&5 (4)Step forward on right, (&)pivot quarter turn left [CCW], (5)cross right over left. [6]
- 6& (6)Turning quarter right step back on left [CW], (&)turning quarter right step right to right. [CW, 12]
- 7 (7)Cross left over right. [12]
- 8&1 (8)Rock right to right, (&)recover on left, (1)cross right over left. [12]

**10-16 QUARTER TURN-STEP BACK, LEFT COASTER, STEP-LOCK-STEP, STEP FORWARD**

- 2-3 (2)Step left quarter turn right stepping back [CW], (3)step back right. [3]
- 4&5 (4)Step back left, (&)step right next to left, (5)step forward left. [3]
- 6&7-8 (6)Step forward right, (&)lock left behind right, (7)step forward right, (8)step forward left. [3]

**17-24 QUARTER LEFT, 2 STEP HALF TURN, CROSS ROCK-RECOVER- SIDE, CROSS ROCK-RECOVER-TOGETHER, 2 STEP FULL TURN-ROCK FORWARD.**

- 1 (1)Pivot quarter turn left on ball of left, hitching right and stepping right across left. [CCW, 12]
- 2& (2)Turn quarter right stepping back on left. [CW], (&)turn quarter right stepping right to right. [CW, 6]
- 3-4& (3)Cross rock left over right, (4)recover on right, (&)step left to left. [6]
- 5-6& (5)Cross rock right over left, (6)recover on left, (&)step right next to left. [6]
- 7& (7)Half turn right stepping back left [CW], (&)half turn right stepping forward right. [CW, 6]
- 8 (8)Rock forward on left. [6]

*Alternate 7&8*

*(7)Step forward left, (&)lock right behind left, (8)rock forward on left. [6]*

**25-32 RECOVER, SWEEP BEHIND - QUARTER - FORWARD, STEP-LOCK-STEP, STEP, HALF + QUARTER PIVOT - STEP LEFT, TAP RIGHT.**

- 1 (1)Recover on right. [6]
- 2& (2)Sweeping left from front to back step behind right, (&)step right quarter turn right. [CW, 9]
- 3 (3)Step forward left. [9]
- 4&5 (4)Step forward right, (&)lock left behind right, (5)step forward right. [9]
- 6-7 (6)Step forward left, (7)pivot half turn right. [CW, 3]
- 8& (8)On ball of right pivot quarter right stepping left to left [CW], (&) tap right next to left. [6]

Start again..... with a BIG smile

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