

COME ON STRONG 4
Released AUGUST 2025 PALM SPRINGS

Choreographer: Tom Hicks (310)-714-2440 T.hicks6@gmail.com
Music & Rhythm: "Come on Strong" Venessa Williams "The Real Thing" Phase IV
Footwork: Opp unless indicated (W's footwork in parentheses) Slow for comfort
Sequence: INTRO-A-A-B-A-ENDING Avail on iTunes or Amazon

INTRO

1-4 WAIT 2 BEATS + 1 MEAS BFLY WALL LEAD FT FREE; SIDE TOUCH 2X; VINE 4; QK TWIRL 2 WALK & PICKUP CP LOD;

1-4 Wait 2 Beats + 1 Meas BFLY WALL; [Sd Tch 2X] Sd L, Tch R to L, Sd R, Tch L to R; [Vine 4] Sd L, XRIB of L, Sd L, XRIF of L; [Qk twirl 2 Wlk Pck Up] Sd & fwd L raising the lead hds trng Lady RF, Fwd & acrs R cont trng Lady RF, Sd & fwd L in SCP LOD, Fwd & acrs R pick Lady up to CP LOD; (Sd & fwd R trng RF under the lead hds, Sd & bk L cont trng RF under the lead hds, Sd & fwd R to SCP, Fwd L trng LF to CP;)

PART A

1-4 THREER STEP; FEATHER; FORWARD HOVER; FEATHER FINISH;

1-4 [3 Stp] Fwd L CP LOD,-, Fwd R, Fwd L; [Feather] Fwd R,-, Fwd L blending to BJO, Fwd R to BJO LOD; [Fwd Hover] Fwd L,-, Fwd & sd R brushing ft tog, Bk L Facg LOD; [Feather Finish] Bk R trng LF,-, Sd & fwd L, Fwd R to BJO DLC;

5-8 REVERSE TURN;; HOVER TELEMAR; CHASSE TO BJO DLW;

5-8 [Rev Trn] Fwd L trng LF, -, Sd & bk R, Bk L CP RLOD; Bk R trng LF,-, Sd & fwd L, Fwd R to BJO DLW; (Bk R trng LF, -, Cl L to R heel trn, fwd R; Fwd L trng LF,-, Sd & bk R, Bk L;) [Hvr Telemark SCP DLC] Fwd L, -, Fwd & diag R between W's ft com trn RF, Fwd & sd L to SCP LOD; [Chasse to BJO] Fwd & acrs R SCP,-, Sd L/Cl R to L, Sd & fwd L lead Lady to trn LF to BJO DLW (Fwd & acrs L SCP,-, Sd R/Cl L to R, Sd & bk R trng LF to BJO DLW;)

9-12 NAT TURN; BACK TWISTY VINE 4; IMPETUS TO SCP; SCP CHASSE TO LOD;

9-12 [Nat Trn] Fwd R trng RF lead W to a heel trn,-, Sd & bk L cont trng RF, Bk R CP RLOD; (Bk L trng RF,-, Cl R to L heel trn cont trng RF, Fwd L CP;); [Bk Twisty Vine 4] Bk L com to trn RF, Sd & fwd R trng RF to SCAR, Fwd L in SCAR trng LF, Sd & bk R in BJO DRC; [Impetus to SCP] Bk L trng RF,-, Cl R to L heel trn, Sd & fwd L SCP LOD; (Fwd R trng RF,-, Fwd & arnd L cont trng RF brush ft tog, Sd & fwd R SCP LOD;); [Scp Chasse] Fwd & acrs R SCP,-, Sd L/Cl R to L, Sd & fwd L to SCP LOD (Fwd & acrs L SCP,-, Sd R/Cl L to R, Sd & fwd R to SCP LOD;)

13-16 NAT HOVER FALLAWAY; SLIP PIVOT TO BJO; FWD, FWD LOCK FWD; FWD FACE CLOSE CP WALL;

13-16 [Nat Hvr Fallaway] Fwd R SCP trng RF,-, Fwd L hovering SCP WALL trng RF, Rec bk R Fallaway Wall; [Slp Pvt to BJO] Bk L in Fallaway,-, Bk R trng LF slipping Lady to BJO, Sd & fwd L to BJO LOD; [Fwd Fwd Lck Fwd] Fwd R in BJO,-, Fwd L/XRIB of L, Fwd L; [Fwd Fac Cl CP WALL] Fwd R in Bjo trng RF,-, Sd L to Fac Wall, Cl R to L CP WALL;

17-18 SIDE TOUCH 2X; QK VINE 2 WALK & PICKUP CP LOD;

17-18 [Sd Tch 2x] Sd L, Tch R to L, Sd R, Tch L to R; [Qk Vine 2 Wlk & Pckup] Sd L, XRIB of L, Sd & fwd L to SCP, Fwd & acrs R pick Lady up to CP LOD;

REPEAT PART A

PART B

1-4 DIAMOND TURN 3/4;;; BACK BOX TO SCAR DLW;

1-4 [Diam Chkg in BJO] Fwd L trng LF,-, Sd & bk R cont trng LF, Bk L BJO; Bk R trng LF,-, Sd & fwd L cont trng LF, Fwd R in BJO DRW; Fwd L trng LF,-, Sd & bk R cont trng LF, Bk L BJO; [Bk Box to SCAR] Bk R,-, Sd L trng RF blending to SCAR, Cl R to L end in SCAR DLW;

5-8 CROSS HOVER 3X to BJO; to SCAR; to SCP; FEATHER FROM SCP;

5-8 **[Crs Hvr to BJO]** Fwd & acrs L SCAR,-, Sd & fwd R trng LF to BJO DLC, Sd & fwd L BJO DLC; **[Crs Hvr to SCAR]** Fwd & acrs R BJO,-, Sd & fwd L trng RF to SCAR DLW, Sd & fwd R SCAR DLW; **[Crs Hvr to SCP]** Fwd & acrs L,- Sd & fwd R trng LF to SCP DLW, Sd & fwd L SCP DLC; (Bk R,-, Sd & Bk L to SCP, Rec fwd R to SCP;) **[Feather]** Fwd & acrs R trng W LF,-, Fwd & sd L picking W up to BJO, Fwd R to BJO DLC;

REPEAT PART A

ENDING

1-4 SLOW WALK & FACE WALL; SD CLOSE 2X; SCP SLOW WALK 2 CP WALL; SD CLOSE 2X;

1-5 **[SI Wlk & Fac]** Fwd L to CP LOD,-, Fwd R trng RF CP fac WALL ,-;**[Sd Cl 2X]** Sd L, Cl R to L, Sd L, Cl R to L; **[SCP SI Wlk 2]** Fwd L trng to SCP,-, Fwd & acrs R trng RF CP fac WALL ,-;**[Sd Cl 2x]** Sd L, Cl R to L, Sd L, Cl R to L;

6-8 VINE 4; SLOW SWAY L; SLOW SWAY R; SLOW DIP & TWIST;

6-8 **[Vine 4]** Sd L, XRIB of L, Sd L, XRIF of L; **[SI sway L]** Sd L, sway upper body L,-,-; **[SI Sway R]** Sd R, sway upper body R,-,-;**[SI Dip & Twist]** Bk L,-, Slowly twist upper body L & sway R,-;