

# Be Strong

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Audrey Watson (Scotland) May 2005

**Music:** The Words I Love You by Chris De Burgh, from The Road To Freedom CD (114 bpm)

 **16 Counts after the heavy beat starts**



**DIAGONAL ROCK, RIGHT LOCK STEP.**

**DIAGONAL ROCK, LEFT LOCK STEP.**

 ,  ,  , 

**1-2**

**Cross rock right diagonal to the left, Rock back**

**on left.**

 , 

**3&4**

**Step fwd on**

**right, lock left behind right, step fwd on right. (Travelling slightly**

**diagonal left)**

 ,  , 

**5-6**

**Cross rock**

**left diagonal to the right, Rock back on right.**

 , 

**7&8**

**Step fwd on**

**left, lock right behind left, step fwd on left.(Travelling slightly diagonal right)**

□□□□ , □□□□□□ , □□□□□□□□□□□□

□□□

**FWD ROCK, ¾ TURN RIGHT, CROSS SIDE, BEHIND,**

**SIDE, CROSS**

□□□ , □□ ¾, □□□ , □ , □ , □□

**1-2**

**Rock fwd on right, recover back on left.**

□□□□□ , □□□□

**3&4**

**¾ triple turn right, stepping right, left, right. (9 o'clock)**

□ 3□□□□□ 270□□□□ , □ , □□

**5-6**

**Cross left over right, step right to right side.**

□□□□□□□□□□ , □□□□

**7&8**

**Cross left behind right, step right to r/side, cross left over right.**

□□□□□□□□□□ , □□□□ , □□□□□□□□

□□□

**ROCK ¼ TURN, FWD SHUFFLE, FULL TURN, MAMBO**

## STEP

1 1/4 , , ,

1-2

Rock right out to r/side,

turn 1/4 left stepping fwd on left. (6 o'clock) , 90

3&4

Shuffle fwd on right, left, right.

- , ,

5-6

Turn 1/2 right stepping back on left, turn 1/2 right,

stepping fwd on right.

180 , 180

7&8

Step fwd on left, back on right, step left next to

right.

, ,

**BACK, BACK,**

1/2 TURN SHUFFLE, STEP 1/4 PIVOT, CROSS, 1/2 TURN

, , 1/2 , 1/4, , 1/2

1-2

Slide back on right, slide

**back on left.**

□□□□ , □□□□

**3&4**

**½ turn right shuffle back stepping, right, left,**

**right.(12 o'clock)**

□ 180□□□□□□□□□□ 180□□□ , □□□□ , □□□□

**5-6**

**Step fwd on left, pivot ¼ turn.(3 o'clock)**

□□□□ , □□ 90□ (□□ 3□□ )

**7&8**

**Cross left over right, turn ¼ left stepping back on**

**right, turn ¼ left stepping left to left side.(9 o'clock)**

□□□□□□□□□□ , □□ 90□□□□□□ , □□ 90□□□□□□

**Tag (to be added at end of Walls 2(**

**hour="18" minute="0">6 o'clock**

**>) & 5(**

**hour="9" minute="0">9 o'clock**

**>)**

□□□□□□ (6□□ ) & □□□□ (9□□ )□ 4□

**1-2**

**Cross rock**

**right over left, recover on left.**

□□□□□□□□ , □□□□

**3-4**

**Rock back on**

**right, recover back on left.**

□□□□ , □□□□

**You will finish the dance facing wall 9 for a**

**nice finish to the front**

**Replace step 5 in Section one with a ¼ turn**

**right by stepping left to left side**

□□□□□ , □□□□□□ , □□□□ **5**□□□□ **1/4**□□□□