

Gotta Be Strong

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Count: 32 **Wall:** 1 **Level:** Improver

Choreographer: Javier Rodriguez Gallego (Nov 2013)

Music: "No Man's Land" by John Michael Montgomery (July 2013)

Dedicated to Mora d'Ebre and La Torre Dancers.

WALK x 3, 1/8 TURN, FORWARD LOCK STEP, FORWARD ROCK, COASTER STEP

1.- Step right forward

2.- Step left forward

3.- Step right forward

4.- 1/8 turn right, step left forward

&.- Lock right behind left

5.- Step left forward

6.- Rock forward on right

7.- Recover onto left

8.- Step right back

&.- Step left beside right

1/8 TURN, FORWARD ROCK STEP, SHUFFLE 1/2 TURN, 1/4 TURN, FORWARD ROCK, SWEEP, BACK LOCK STEP

1.- Step right forward

2.- 1/8 turn right, rock forward on left

3.- Recover onto right

4 & 5.- Shuffle step 1/2 turn left, stepping: left, right, left

6.- 1/4 turn left, rock forward on right

7.- Recover onto left, starting sweep with right foot, from front to back

8.- Step right back

&.- Lock left over right

STEP, SWEEP, STEP x 2, COASTER STEP, SKATE x 2, FORWARD LOCK STEP

1.- Step right back, starting sweep with left foot, from front to back

2.- Step left back

3.- Step right back

4.- Step left back

&.- Step right beside left

5.- Step left forward

6.- Skate right forward

7.- Skate left forward

8.- Step right forward

&.- Lock step behind right

FORWARD ROCK, SHUFFLE $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, FORWARD ROCK , $\frac{1}{4}$ TURN SWEEP, SAILOR STEP

1.- Step right forward

2.- Rock forward on left

3.- Recover onto right

4 & 5.- Shuffle step $\frac{1}{2}$ turn left, stepping: left, right, left

6.- $\frac{1}{4}$ turn left, rock forward on right

7.- $\frac{1}{4}$ turn right, recover onto left, starting sweep with right foot, from front to back

8.- Step right behind left

&.- Lf step side

TAG (At the Begin, after 4th wall and at the end)

1.- Step right side

2.- Hold

&.- Touch left together

3.- Hold

4.- Step left in place

&.- Step right in place

5.- Step left side

6.- Hold

&.- Touch right together

7.- Hold

8.- Step right in place

&.- Step left in place

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