

Be Strong



Choreography:	Audrey Watson
Description:	32 count, 4 wall, beginner/intermediate line dance
Music:	Chris De Burgh – The Words 'I Love You'

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 forward on right, lock left behind right, step forward on right, (traveling slightly diagonal left)
5-6 Cross rock left diagonal to the right, rock back on right
7&8 Step forward on left, lock right behind left, step forward on left, (traveling slightly diagonal right)

FORWARD ROCK, $\frac{3}{4}$ TURN RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS

- 1-2 Rock forward on right, recover back on left
3&4 $\frac{3}{4}$ triple turn right, stepping right, left, right (9:00)
5-6 Cross left over right, step right to right side
7&8 Cross left behind right, step right to right/side, cross left over right

ROCK $\frac{1}{4}$ TURN, FORWARD SHUFFLE, FULL TURN, MAMBO STEP

- 1-2 Rock right out to right/side, turn $\frac{1}{4}$ left stepping forward on left (6:00)
3&4 Shuffle forward on right, left, right
5-6 Turn $\frac{1}{2}$ right stepping back on left, turn $\frac{1}{2}$ right, stepping forward on right
7&8 Step forward on left, back on right, step left next to right

BACK, BACK, $\frac{1}{2}$ TURN SHUFFLE, STEP $\frac{1}{4}$ PIVOT, CROSS, $\frac{1}{2}$ TURN

- 1-2 Slide back on right, slide back on left
3&4 $\frac{1}{2}$ turn right shuffle back stepping, right, left, right, (12:00)
5-6 Step forward on left, pivot $\frac{1}{4}$ turn, (3:00)
7&8 Cross left over right, turn $\frac{1}{4}$ left stepping back on right, turn $\frac{1}{4}$ left stepping left to left side, (9:00)

REPEAT

TAG

To be added at end of walls 2 (6:00) & 5 (9:00)

- 1-2 Cross rock right over left, recover on left
3-4 Rock back on right, recover back on left

ENDING

You will finish the dance facing wall 9. For a nice finish to the front, replace count 5 with a $\frac{1}{4}$ turn right by stepping left to left side.

...taught and danced in

Klitgaard

Sofiendalsvej 77
DK-9200 Aalborg SV
Tel. +45 98180733
www.linedance.dk