

## Be Strong

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate

Choreographed by:- Audrey Watson (UK) May 2005

Choreographed to:- 'The Words I Love You' (114 bpm) by Chris De Burgh from 'The Road To Freedom' CD, start 16 counts after the heavy beat begins.

**Section 1 Cross Rock, Right Forward Lock Step, Cross Rock, Left Forward Lock Step.**

1 – 2 Cross rock right over left. Recover onto left.

3 & 4 Step right forward. Lock left behind right. Step right forward.

**Note:** Counts 3 & 4 should be travelling slightly to left diagonal.

5 – 6 Cross rock left over right. Recover onto right.

7 & 8 Step left forward. Lock right behind left. Step left forward.

**Note:** Counts 7 & 8 should be travelling slightly to right diagonal.

**Section 2 Rock Step, Triple 3/4 Turn Right, Cross Side, Behind Side Cross.**

1 – 2 Rock right forward. Recover back onto left.

3 & 4 Triple 3/4 turn right on the spot stepping right, left, right.

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.

**Section 3 Side Rock, 1/4 Turn, Forward Shuffle, Full Turn Forward, Mambo Step.**

1 – 2 Rock right to right side. Turn 1/4 left recovering forward onto left.

3 & 4 Step right forward. Step left beside right. Step right forward.

5 – 6 Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward.

7 & 8 Rock left forward. Recover onto right. Step left beside right.

**Section 4 Slide Back x2, Shuffle 1/2 Turn, Step 1/4 Pivot, Cross, 1/2 Turn.**

1 – 2 Slide back on right. Slide back on left.

3 & 4 Shuffle back turning 1/2 right stepping right, left, right.

5 – 6 Step left forward. Pivot 1/4 turn right.

7 & Cross left over right. Turn 1/4 left stepping right back.

8 Turn 1/4 left stepping left to left side.

**Tag: Danced At End Of 2nd Wall and End Of 5th Wall:-**

1 – 2 Cross rock right over left. Recover onto left.

3 – 4 Rock right back. Recover forward onto left.

**Ending: To Finish Facing Front, Replace Count 5 in Section 1 with:-**

Turn 1/4 right stepping left to left side.

Quelle:

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