

Be Strong

Choreographed by: Audrey Watson (Scotland) Nov 04

Music: **The Words, I Love You** by **Chris De Burgh**

Descriptions: 32 count - 4 wall - Beginner/Intermediate level line dance

[Start Dance 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, 3/4 TURN LEFT, CROSS SIDE, BEHIND, SIDE, CROSS.

- 1-2 Rock fwd on right, recover back on left.
- 3&4 Full triple turn right, stepping right, left, right. (9 o'clock)
- 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 1/4 TURN, FWD SHUFFLE, FULL TURN, MAMBO STEP.

- 1-2 Rock right out to r/side, turn 1/4 left stepping fwd on left.
- 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.
- 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 Slide back on right, slide back on left.
- 3&4 1/2 turn right shuffle back stepping, right, left, right.
- 5-6 Step fwd on left, pivot 1/4 turn. (3 o'clock)
- 7&8 Cross left over right, turn 1/4 left stepping back on right, turn 1/4 left stepping left to left side. (9 o'clock)

Tag (to be added at end of Wall 2 (6:00) & Wall 5 (9:00))

- 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 $\frac{1}{4}$ turn right by stepping left to left side.