

Be Strong

32 count, 4 wall, beginner/intermediate level
Choreographer: Audrey Watson (Scotland) May 2005
Choreographed to: The Words I Love You by Chris
De Burgh, from The Road To Freedom CD (114 bpm)

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, ¾ TURN RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS.

- 1-2 Rock fwd on right, recover back on left.
- 3&4 ¾ 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 ¼ TURN, FWD SHUFFLE, FULL TURN, MAMBO STEP.

- 1-2 Rock right out to r/side, turn ¼ left stepping fwd on left. (6 o'clock)
- 3&4 Shuffle fwd on right, left, right.
- 5-6 Turn ½ right stepping back on left, turn ½ right, stepping fwd on right.
- 7&8 Step fwd on left, back on right, step left next to right.

BACK, BACK, ½ TURN SHUFFLE, STEP ¼ PIVOT, CROSS, ½ TURN.

- 1-2 Slide back on right, slide back on left.
- 3&4 ½ turn right shuffle back stepping, right, left, right. (12 o'clock)
- 5-6 Step fwd on left, pivot ¼ turn. (3 o'clock)
- 7&8 Cross left over right, turn ¼ left stepping back on right, turn ¼ left stepping left to left side. (9 o'clock)

Tag (to be added at end of Walls 2(6 o'clock) & 5(9 o'clock))

- 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.
