

Be Strong

Choreographed by Audrey Watson

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: The Words 'I Love You' by Chris DeBurgh

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, ¾ TURN LEFT, CROSS SIDE, BEHIND, SIDE, CROSS

1-2 Rock forward on right, recover back on left

3&4 Full 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 ¼ TURN, FORWARD SHUFFLE, FULL TURN, MAMBO STEP

1-2 Rock right out to right/side, turn ¼ left stepping forward on left. (6:00)

3&4 Shuffle forward on right, left, right

5-6 Turn ½ right stepping back on left, turn ½ right, stepping forward on right

7&8 Step forward 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 (12:00)

5-6 Step forward on left, pivot ¼ turn (3:00)

7&8 Cross left over right, turn ¼ left stepping back on right, turn ¼ 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 step 5 with a ¼ turn right by stepping left to left side