



Be Strong

Choreographed By: Audrey Watson (Scotland)

Music: The Words 'I Love You' by Chris De Burgh The Road To Freedom Album

Description: 32 Count: 4 Wall ; Beginner/Intermediate. Bpm – 114

Intro: 16 Counts after the heavy beat starts

Notes: Tag to be added at the end of walls 2 and 5

Section One	DIAGONAL ROCK, RIGHT LOCK STEP. DIAGONAL ROCK, LEFT LOCK STEP.	Facing Wall
1-2	Cross rock right diagonal to the left, Rock back on left.	12
3&4	Step fwd on right, lock left behind right, step fwd on right. (Travelling slightly diagonal left)	12
5-6	Cross rock left diagonal to the right, Rock back on right.	12
7&8	Step fwd on left, lock right behind left, step fwd on left. (Travelling slightly diagonal right)	12
Section Two	FWD ROCK, $\frac{3}{4}$ TURN RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS.	Facing Wall
1-2	Rock fwd on right, recover back on left.	9
3&4	$\frac{3}{4}$ triple turn right, stepping right, left, right.	9
5-6	Cross left over right, step right to right side.	9
7&8	Cross left behind right, step right to r/side, cross left over right.	9
Section Three	ROCK $\frac{1}{4}$ TURN, FWD SHUFFLE, FULL TURN, MAMBO STEP.	Facing Wall
1-2	Rock right out to r/side, turn $\frac{1}{4}$ left stepping fwd on left.	6
3&4	Shuffle fwd on right, left, right.	6
5-6	Turn $\frac{1}{2}$ right stepping back on left, turn $\frac{1}{2}$ right, stepping fwd on right.	6
7&8	Step fwd on left, back on right, step left next to right.	6
Section Four	BACK, BACK, $\frac{1}{2}$ TURN SHUFFLE, STEP $\frac{1}{4}$ PIVOT, CROSS, $\frac{1}{2}$ TURN.	Facing Wall
1-2	Slide back on right, slide back on left.	6
3&4	$\frac{1}{2}$ turn right shuffle back stepping, right, left, right.	12
5-6	Step fwd on left, pivot $\frac{1}{4}$ turn.	3
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
Tag	To be added at end of Walls 2 & 5 – CROSS ROCK, BACK ROCK.	
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.	

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