



## **BE STRONG**

Choreographed by Audrey Watson (Scotland) November 2004

Choreographed to "The Words 'I Love You' " by Chris De Burgh

32 Count - 4 wall line dance - Beginner/Intermediate level

**CD 817-4**

***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 RIGHT, 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 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, 1/2 TURN SHUFFLE, STEP 1/4 TWINKLE 1/2TURN**

- 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** (*Rocking Chair*)

**(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 ¼ turn right by stepping left to left side.