



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.