

# Gotta Be Strong

Count: 32

Wall: 1

Level: Improver

Choreographer: Javier Rodriguez Gallego (ES) - November 2013

Music: No Man's Land - John Michael Montgomery



Dedicated to Mora d'Ebre and La Torre Dancers.

## WALK x 3, 1/8 TURN, FORWARD LOCK STEP, FORWARD ROCK, COASTER STEP

- 1           .- Step right forward
- 2           .- Step left forward
- 3           .- Step right forward
- 4           .- 1/8 turn right, step left forward
- &           .- Lock right behind left
- 5           .- Step left forward
- 6           .- Rock forward on right
- 7           .- Recover onto left
- 8           .- Step right back
- &           .- Step left beside right

## 1/8 TURN, FORWARD ROCK STEP, SHUFFLE 1/2 TURN, 1/4 TURN, FORWARD ROCK, SWEEP, BACK LOCK STEP

- 1           .- Step right forward
- 2           .- 1/8 turn right, rock forward on left
- 3           .- Recover onto right
- 4 & 5       .- Shuffle step 1/2 turn left, stepping: left, right, left
- 6           .- 1/4 turn left, rock forward on right
- 7           .- Recover onto left, starting sweep with right foot, from front to back
- 8           .- Step right back
- &           .- Lock left over right

## STEP, SWEEP, STEP x 2, COASTER STEP, SKATE x 2, FORWARD LOCK STEP

- 1           .- Step right back, starting sweep with left foot, from front to back
- 2           .- Step left back
- 3           .- Step right back
- 4           .- Step left back
- &           .- Step right beside left
- 5           .- Step left forward
- 6           .- Skate right forward
- 7           .- Skate left forward
- 8           .- Step right forward
- &           .- Lock step behind right

## FORWARD ROCK, SHUFFLE 1/2 TURN, 1/4 TURN, FORWARD ROCK, 1/4 TURN SWEEP, SAILOR STEP

- 1           .- Step right forward
- 2           .- Rock forward on left
- 3           .- Recover onto right
- 4 & 5       .- Shuffle step 1/2 turn left, stepping: left, right, left
- 6           .- 1/4 turn left, rock forward on right
- 7           .- 1/4 turn right, recover onto left, starting sweep with right foot, from front to back
- 8           .- Step right behind left
- &           .- Lf step side

**TAG (At the Begin, after 4th wall and at the end)**

- 1           .- Step right side
- 2           .- Hold
- &           .- Touch left together
- 3           .- Hold
- 4           .- Step left in place
- &           .- Step right in place
- 5           .- Step left side
- 6           .- Hold
- &           .- Touch right together
- 7           .- Hold
- 8           .- Step right in place
- &           .- Step left in place

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