

# Be Strong

拍数: 32      墙数: 4      级数: Improver  
编舞者: Audrey Watson (SCO)  
音乐: The Words "I Love You" - Chris de Burgh



## DIAGONAL ROCK, RIGHT LOCK STEP, DIAGONAL ROCK, LEFT LOCK STEP

1-2            Cross/rock over left, recover to left  
3&4           Step right forward, lock left behind right, step right forward

### Traveling slightly diagonal left

5-6            Cross/rock left over right, recover to right  
7&8           Step left forward, lock right behind left, step left forward

### Traveling slightly diagonal right

## FORWARD ROCK, TURN $\frac{3}{4}$ RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS

1-2            Rock right forward, recover to left  
3&4           Triple in place turning  $\frac{3}{4}$  right and step right, left, right (9:00)  
5-6            Cross left over right, step right to side  
7&8            Cross left behind right, step right to side, cross left over right

## ROCK TURN $\frac{1}{4}$ , FORWARD SHUFFLE, FULL TURN, MAMBO STEP

1-2            Rock right to side, turn  $\frac{1}{4}$  left and step left forward (6:00)  
3&4            Shuffle forward right, left, right  
5-6            Turn  $\frac{1}{2}$  right and step left back, turn  $\frac{1}{2}$  right and step right forward  
7&8            Step left forward, step right back, step left together

## BACK, BACK, TURN $\frac{1}{2}$ SHUFFLE, STEP $\frac{1}{4}$ PIVOT, CROSS, TURN $\frac{1}{2}$

1-2            Slide/step right back, slide/step left back  
3&4            Turn  $\frac{1}{2}$  right and shuffle back stepping right, left, right (12:00)  
5-6            Step left forward, turn  $\frac{1}{4}$  right (weight to right, 3:00)  
7&8            Cross left over right, turn  $\frac{1}{4}$  left and step right back, turn  $\frac{1}{4}$  left and step left to 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 right back, recover to left

## ENDING

You will finish the dance facing wall 9. For a nice finish to the front, change count 5 to a turn  $\frac{1}{4}$  right by stepping left to side