

Be Strong

拍數: 32 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO)
音樂: 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