|  |  |
| --- | --- |
| Be Strong |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Audrey Watson (SCO) |
| **Music:** | 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 ¾ RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS**

|  |  |
| --- | --- |
| 1-2 | Rock right forward, recover to left |

|  |  |
| --- | --- |
| 3&4 | Triple in place turning ¾ 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 ¼, FORWARD SHUFFLE, FULL TURN, MAMBO STEP**

|  |  |
| --- | --- |
| 1-2 | Rock right to side, turn ¼ left and step left forward (6:00) |

|  |  |
| --- | --- |
| 3&4 | Shuffle forward right, left, right |

|  |  |
| --- | --- |
| 5-6 | Turn ½ right and step left back, turn ½ right and step right forward |

|  |  |
| --- | --- |
| 7&8 | Step left forward, step right back, step left together |

**BACK, BACK, TURN ½ SHUFFLE, STEP ¼ PIVOT, CROSS, TURN ½**

|  |  |
| --- | --- |
| 1-2 | Slide/step right back, slide/step left back |

|  |  |
| --- | --- |
| 3&4 | Turn ½ right and shuffle back stepping right, left, right (12:00) |

|  |  |
| --- | --- |
| 5-6 | Step left forward, turn ¼ right (weight to right, 3:00) |

|  |  |
| --- | --- |
| 7&8 | Cross left over right, turn ¼ left and step right back, turn ¼ 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 ¼ right by stepping left to side**