Be Strong (堅持到底) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Audrey Watson (SCO) - 2005年05月
Musique: The Words "I Love You" - Chris de Burgh : (CD: The Road To Freedom)

前奏： 16 Counts after the heavy beat starts

第一段 **DIAGONAL ROCK, RIGHT LOCK STEP. DIAGONAL ROCK, LEFT LOCK STEP.**
斜角線下沉, 右鎖步, 斜角線下沉, 左鎖步

1-2 Cross rock right diagonal to the left, Rock back on left.
右足左前斜對角交叉下沉, 左足後下沉

3&4 Step fwd on right, lock left behind right, step fwd on right.(Travelling slightly diagonal left)
右足前踏, 左足於右足後踏, 右足前踏（略向左前斜對角的前鎖步）

5-6 Cross rock left diagonal to the right, Rock back on right.
左足右前斜對角交叉下沉, 右足後下沉

7&8 Step fwd on left, lock right behind left, step fwd on left.(Travelling slightly diagonal right)
左足前踏, 右足於左足後踏, 左足前踏（略向右前斜對角的前鎖步）

第二段 **FWD ROCK, ¾ TURN RIGHT, CROSS SIDE, BEHIND, SIDE, CROSS**
前下沉, 右轉3/4, 側交叉, 後, 側, 交叉

1-2 Rock fwd on right, recover back on left.
右足前下沉, 左足回復

3&4 3/4 triple turn right, stepping right, left, right. (9 o'clock)
小3步向右後轉270度（右, 左, 右）

5-6 Cross left over right, step right to right side.
左足於右足前交叉踏, 右足右踏

7&8 Cross left behind right, step right to r/side, cross left over right.
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 **ROCK ¼ TURN, FWD SHUFFLE, FULL TURN, MAMBO STEP**
轉1/4下沉, 前交換步, 轉圈, 曼波

1-2 Rock right out to r/side, turn ¼ left stepping fwd on left. (6 o'clock) 右足右下沉, 右轉90度左足前踏

3&4 Shuffle fwd on right, left, right.
右交換步-右足前踏, 左足併踏, 右足前踏

5-6 Turn ½ right stepping back on left, turn ½ right, stepping fwd on right. 右轉180度左足後踏, 右轉180度右足前踏

7&8 Step fwd on left, back on right, step left next to right.
左足前踏, 右足後回復, 左足併踏

第四段 **BACK, BACK, ½ TURN SHUFFLE, STEP ¼ PIVOT, CROSS, ½ TURN**
後踏, 後踏, 轉1/2交換步, 踏轉1/4, 交叉, 轉1/2

1-2 Slide back on right, slide back on left.
右足後滑, 左足後滑

3&4 ½ turn right shuffle back stepping, right, left, right.(12 o'clock)
右180度轉交換步（右足右後轉180度前踏, 左足併踏, 右足前踏）

5-6 Step fwd on left, pivot ¼ turn.(3 o'clock)
左足前踏, 右轉90度(面向3點鐘)

7&8 Cross left over right, turn ¼ left stepping back on right, turn ¼ left stepping left to left side. (9 o'clock)
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度右足右踏

Tag (to be added at end of Walls 2(6 o'clock) & 5(9 o'clock)
跳完第二面牆(6點鐘) & 第五面牆(9點鐘)加4拍

1-2 Cross rock right over left, recover on left.
右足於左足前交叉下沉, 左足回復

3-4 Rock back on right, recover back on left.
右足後下沉, 左足回復

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
第九面牆結束, 為了在前面結束, 將第一段第5拍換成右轉1/4左足左踏