



Be Strong

4 Wall 32-count line dance

Easy Intermediate



1. DIAGONAL CROSS, ROCK, DIAGONAL LOCK SHUFFLE; REPEAT TO RIGHT SIDE

- Cross/rock R over L, rock back onto L **1,2**
- *On left diagonal:* step R fwd, lock/step L behind R, step R fwd **3&4**
- Cross/rock L over R, rock back onto R **5,6**
- *On right diagonal:* step L fwd, lock/step R behind L, step L fwd **7&8**

2. ROCK FWD, RECOVER, TRIPLE STEP 3/4 RIGHT, CROSS, SIDE, SAILOR SHUFFLE

- Rock/step R fwd, rock back onto L **1,2**
- Triple step R, L, R turning 270°R **3&4**
- *Moving right for next 4 counts:* Cross/step L over R, step R to side **5,6**
- Cross/step L behind R, step R to side, cross/step L over R **7&8**

3. SIDE ROCK 1/4 LEFT, SHUFFLE FORWARD, ROLL FORWARD 1/2, 1/2, MAMBO STEP

- Rock/step R to side, side rock onto L turning 90°L **1,2**
- Shuffle fwd R, L, R **3&4**
- Roll forward 360°R stepping L, R **5,6**
- Step L fwd, step R back, step L tog **7&8**

4. BACK, BACK, SHUFFLE AROUND 1/2 RIGHT, PADDLE TURN, CROSS-HALF-TURN

- Slide back on R, slide back L **1,2**
- Shuffle back R, L, R turning 180°R **3&4**
- Step L fwd, pivot 90°R **5,6**
- Cross/step L over R **7**
- Step R back turning 90°L, step L to side turning 90°L **&8**

TAG: Add the following 4 count tag at the end of walls 2 (facing 6:00) and 5 (facing 9:00):

- Cross/rock R over L, rock back onto L, rock/step R back, rock fwd onto L **1,2,3,4**

Choreo.: *Audrey Watson, UK*

Music: The Words "I Love You" *Chris De Burgh*
(CD: 'The Road To Freedom')

