



Script approved by Audrey Watson X

# Be Strong



Audrey Watson

BEGINNER/INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	<b>Section 1</b>	<b>Cross Rock, Right Forward Lock Step, Cross Rock, Left Forward Lock Step.</b>		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot	
3 & 4	Step right forward. Lock left behind right. Step right forward.	Right Lock Step	Forward	
Note:-	Counts 3 & 4 should be travelling slightly to left diagonal.			
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	On the spot	
7 & 8	Step left forward. Lock right behind left. Step left forward.	Left Lock Step	Forward	
Note:-	Counts 7 & 8 should be travelling slightly to right diagonal.			
<b>Section 2</b>	<b>Rock Step, Triple 3/4 Turn Right, Cross Side, Behind Side Cross.</b>			
1 - 2	Rock right forward. Recover back onto left.	Rock Step	On the spot	
3 & 4	Triple 3/4 turn right on the spot stepping right, left, right.	Triple Turn	Turning right	
5 - 6	Cross left over right. Step right to right side.	Cross Side	Right	
7 & 8	Cross left behind right. Step right to right side. Cross left over right.	Behind Side Cross		
<b>Section 3</b>	<b>Side Rock, 1/4 Turn, Forward Shuffle, Full Turn Forward, Mambo Step.</b>			
1 - 2	Rock right to right side. Turn 1/4 left recovering forward onto left.	Rock Turn	Turning left	
3 & 4	Step right forward. Step left beside right. Step right forward.	Shuffle Step	Forward	
5 - 6	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward.	Turn Turn	Turning right	
7 & 8	Rock left forward. Recover onto right. Step left beside right.	Mambo Step	On the spot	
<b>Section 4</b>	<b>Slide Back x2, Shuffle 1/2 Turn, Step 1/4 Pivot, Cross, 1/2 Turn.</b>			
1 - 2	Slide back on right. Slide back on left.	Back Back	Back	
3 & 4	Shuffle back turning 1/2 right stepping right, left, right.	Shuffle Turn	Turning right	
5 - 6	Step left forward. Pivot 1/4 turn right.	Step Turn		
7 &	Cross left over right. Turn 1/4 left stepping right back.	Cross &	Turning left	
8	Turn 1/4 left stepping left to left side.	Turn		
<b>Tag:-</b>	<b>Danced At End Of 2nd Wall and End Of 5th Wall:-</b>			
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot	
3 - 4	Rock right back. Recover forward onto left.	Back Rock		
<b>Ending:-</b>	<b>To Finish Facing Front, Replace Count 5 in Section 1 with:-</b>			
	Turn 1/4 right stepping left to left side.			

**4 Wall Line Dance:-** 32 Counts. Beginner/Intermediate.

**Choreographed by:-** Audrey Watson (UK) May 2005.

**Choreographed to:-** 'The Words I Love You' (114 bpm) by Chris De Burgh from 'The Road To Freedom' CD, start 16 counts after the heavy beat begins.