

Be Strong

Choreographed by Cordelia Lee (Kuching, Malaysia), 19 August 2011

Description: 32-count, 4-wall, lower intermediate line dance

Music: **The Words 'I Love You'** by Chris de Burgh [116 bpm / from the album *The Road To Freedom*]

Video link: <http://www.youtube.com/watch?v=zKfc6ggKMdk>

Start on lyrics

RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

1&2 Shuffle to the right on right-left-right

3-4 Rock back on left, recover on right

5&6 Shuffle to the left on left-right-left

7-8 Rock back on right, recover on left

FORWARD ROCK, ½ RIGHT FORWARD SHUFFLE, FORWARD, ¼ RIGHT, CROSS, SIDE

1-2 Rock forward on right, recover on left

3&4 Turn ½ right shuffling forward on right-left-right (6.00)

5-8 Step forward on left, turn ¼ right stepping right to right side (9.00), cross left over right, step right to right side

BACK ROCK, LEFT CHASSE, BACK ROCK, ¼ RIGHT, LOCK

1-2 Rock back on left, recover on right

3&4 Shuffle to the left on left-right-left

5-8 Rock back on right, recover on left, step forward on right turning ¼ right, lock left behind right (12.00)

FORWARD SHUFFLE, FORWARD, ¼ RIGHT, CROSS, POINT, BACK ROCK

1-4 Shuffle forward on right-left-right, step forward on left, turn ¼ right stepping right to the right (3.00)

5-8 Cross left over right, point right to the right, rock back on right, recover on left

REPEAT

TAG

There are two tags, at the beginning of Walls 3 and 6, when facing 6.00 and 3.00 respectively:

1-4 Rock right to the right, recover on left, rock back on right, recover on left

ENDING

The last wall has only 8 counts and begins on the 3.00 Wall. End the dance with the following after the first 4 counts:

¼ LEFT FORWARD SHUFFLE, HOLD

5&6 Turn ¼ left shuffling forward on left-right-left

7-8 Hold for 2 counts