



# SILVERSTAR LINEDANCERS



## Be Strong

### Beginner / Intermediate

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTIONS	DIRECTION
<b>Section 1</b> 1 - 2 3 & 4 <b>Note:</b> 5 - 6 7 & 8 <b>Note:</b>	<b>Cross rock, right forward lock step, cross rock, left forward lock step</b> Cross rock right over left. Recover onto left. Step right forward. Lock left behind right. Step right forward. Counts 3 and 4 should be travelling slightly to left diagonal. Cross rock left over right. Recover onto right. Step left forward. Lock right behind left. Step left forward. Counts 7 and 8 should be travelling slightly to right diagonal.	Cross rock Right lock step Cross rock Left lock step	On the spot Forward On the spot Forward
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Rock step, triple 3/4 turn right, cross side, behind side cross</b> Rock right forward. Recover back onto left. Triple 3/4 turn right on the spot stepping right, left, right. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross left over right.	Rock step Triple turn Cross side Behind side cross	On the spot Turning right Right
<b>Section 3</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Side rock, 1/4 turn, forward shuffle, full turn forward, mambo step</b> Rock right to right side. Turn 1/4 left recovering forward onto left. Step right forward. Step left beside right. Step right forward. Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Rock left forward. Recover onto right. Step left beside right.	Rock turn Shuffle step Turn turn Mambo step	Turning left Forward Turning right On the spot
<b>Section 4</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Slide back x 2, shuffle 1/2 turn, step 1/4 pivot, cross, 1/2 turn</b> Slide back on right. Slide back on left. Shuffle back turning 1/2 right stepping right, left, right. Step left forward. Pivot 1/4 turn right. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side.	Back back Shuffle turn Step turn Cross & Turn	Back Turning right Turning left
<b>TAG</b> 1 - 2 3 - 4	<b>Danced at the end of 2nd and 5th wall:</b> Cross rock right over left. Recover onto left. Rock right back. Recover forward onto left.	Cross rock Back rock	On the spot

<b>Ending</b>	<b>Optional Ending</b> <b>To finish facing front, replace count 5 in section 1 with:</b> Turn 1/4 right stepping left to left side.		
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4 Wall Line Dance: 32 counts

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