



www.looseboots.no

BE STRONG

32 COUNTS 4 WALL LINE DANCE

PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)
LEVEL OF DIFFICULTY: Beginner/Intermediate
CHOREOGRAPHER: 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.

Section 1 Cross Rock, Right Forward Lock Step, Cross Rock, Left Forward Lock Step.

1 - 2 Cross rock right over left. Recover onto left.
3 & 4 Step right forward. Lock left behind right. Step right forward.
Note: Counts 3 & 4 should be travelling slightly to left diagonal.
5 - 6 Cross rock left over right. Recover onto right.
7 & 8 Step left forward. Lock right behind left. Step left forward.
Note: Counts 7 & 8 should be travelling slightly to right diagonal.

Section 2 Rock Step, Triple 3/4 Turn Right, Cross Side, Behind Side Cross.

1 - 2 Rock right forward. Recover back onto left.
3 & 4 Triple 3/4 turn right on the spot stepping right, left, right.
5 - 6 Cross left over right. Step right to right side.
7 & 8 Cross left behind right. Step right to right side. Cross left over right

Section 3 Side Rock, 1/4 Turn, Forward Shuffle, Full Turn Forward, Mambo Step.

1 - 2 Rock right to right side. Turn 1/4 left recovering forward onto left.
3 & 4 Step right forward. Step left beside right. Step right forward.
5 - 6 Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward.
7 & 8 Rock left forward. Recover onto right. Step left beside right.

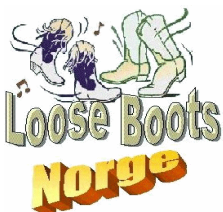
Section 4 Slide Back x2, Shuffle 1/2 Turn, Step 1/4 Pivot, Cross, 1/2 Turn.

1 - 2 Slide back on right. Slide back on left.
3 & 4 Shuffle back turning 1/2 right stepping right, left, right.
5 - 6 Step left forward. Pivot 1/4 turn right.
7 & Cross left over right. Turn 1/4 left stepping right back.
8 Turn 1/4 left stepping left to left side.

Tag: Danced At End Of 2nd Wall and End Of 5th Wall:-

1 - 2 Cross rock right over left. Recover onto left.
3 - 4 Rock right back. Recover forward onto left.

Ending: To Finish Facing Front, Replace Count 5 in Section 1 with:-
Turn 1/4 right stepping left to left side.



www.looseboots.no