

This is a terrific dance and was a huge success on dance floors all over the world. At the same time it started the discussion as to how line dances were categorized. As a result, from 2007 Linedancer introduced the levels of 'Absolute Beginner' and 'Improver' for its awards. Probably these days the dance would go under the 'Improver' heading, and would no doubt be just as successful.

Be Strong

4 WALL - 32 COUNTS - BEGINNER/INTERMEDIATE

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	Cross Rock, Right Forward Lock Step, Cross Rock, Left Forward Lock Step.		
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.		
Section 2	Rock Step, Triple 3/4 Turn Right, Cross Side, Behind Side Cross.		
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	
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.	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
Section 4	Slide Back x 2, Shuffle 1/2 Turn, Step 1/4 Pivot, Cross, 1/2 Turn.		
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	
Tag:	Danced At End Of 2nd Wall and End Of 5th Wall:-		
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	
Ending:	To Finish Facing Front, Replace Count 5 in Section 1 with:-		
	Turn 1/4 right stepping left to left side.		

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.