

AB Sync or Swim

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Sue Korek (USA) - 21 December 2024

Musik: There's Nothing Holdin' Me Back - Shawn Mendes

oder: At Your Worst - Calum Scott



Intro: 16 counts

Alternate Music: At Your Worst (Calum Scott—18 August 2023) bpm=120, Intro: on lyric "Worst..." about 4 seconds

No tags, no restarts

Intro: 16 counts

Section 1 (STEP TOUCHES DIAGONAL, BASIC RIGHT)

- 1-2 Step R diagonal forward, touch L beside R
- 3-4 Step L diagonal back, touch R beside L
- 5-6 Step R right, step L beside R
- 7-8 Step R right, touch L beside R

Section 2 (STEP TOUCHES DIAGONAL, BASIC LEFT ¼ TURN)

- 1-2 Step L diagonal forward, touch R beside L
- 3-4 Step R diagonal back, touch L beside R
- 5-6 Step L left, step R beside L
- 7-8 ¼ turn left step L, touch R beside L

Section 3 (RUMBA BOX WITH KICK, HITCH)

- 1-2 Step R to right side, step L beside R
- 3&4 Step R to forward, kick L forward
- 5-6 Step L to left side, step R beside L
- 7&8 Step L backward, hitch R

Section 4 (TWO ROCKING CHAIRS)

- 1-2 Rock R forward, recover on left
- 3-4 Rock R backward, recover on left
- 5-6 Rock R forward, recover on left
- 7-8 Rock R backward, recover on left

Enjoy this fun Absolute Beginner dance.

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