

# Fighting Fit!

**COPPER KNOB**  
BYEPOSTETS

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Paulette Hylands (UK)

Musik: What Am I Fighting For - Unklejam



## **TOUCH RIGHT SWIVEL RIGHT & TOUCH, STEP BACK, BACK COASTER CROSS, TOUCH, CROSS, RIGHT BACK STEP, LEFT SIDE STEP AND POP**

- 1-2 Touch right toe to side, turn ¼ right (weight to left)
- 3 Step right back
- 4&5 Step left back, cross right over left, turn ¼ right and touch left toe to side
- 6-7 Cross left over right, step right back
- 8 Step left to side

### **Pop knee**

## **RIGHT SIDE SHUFFLE TURN ¼, SWIVEL ¾ WITH TOUCH, STEP RIGHT, LEFT FORWARD ROCK & CROSS**

- 1&2 Step right to side, step left together, turn ¼ right and step right forward
- 3-4 Step left forward, turn ¾ right and touch right together
- 5-6 Step right to side, rock left forward
- 7&8 Recover to right, step left together, cross right over left

## **LEFT TOE STRUT, RIGHT TOE STRUT WITH TURN ¼, SWIVEL ¼ RIGHT, POINTING LEFT TO SIDE, RECOVER, TOUCH RIGHT TO SIDE, RECOVER**

- 1-2 Touch left toe to side, drop heel
- 3-4 Touch right toe forward, turn ¼ right and drop heel
- 5-6 Turn ¼ right and touch left toe to side, step left together
- 7-8 Touch right toe to side, touch right together

## **RIGHT SIDE ROCK, RECOVER, STEP RIGHT ¼ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD ROCK, RECOVER, STEP RIGHT ¼ RIGHT, LEFT SIDE TOUCH, RECOVER, RIGHT FORWARD TOUCH**

- 1&2 Rock right to side, recover to left, step right forward
- 3-4 Turn ¼ right and touch left toe to side, step left together
- 5-6 Rock right forward, recover to left
- &7 Turn ¼ right and step right forward, touch left toe to side
- &8 Step left together, touch right toe forward

### **REPEAT**

### **TAG**

**When you face the front for 2nd time**

- 1-4 With right toe still touching forward, bounce both heels 4 times