

# AB Sync or Swim

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner



**Chorégraphe:** Sue Korek (USA) - 21 December 2024

**Musique:** There's Nothing Holdin' Me Back - Shawn Mendes  
ou: 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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