

Do or Die

拍数: 32 墙数: 4 级数: Improver
编舞者: Carol Cotherman (USA) - February 2020
音乐: Soldier - High Valley



This dance is a tribute to all of my family members, past and present, who served or are serving in our Armed Forces! (This includes my husband, father, brothers-in-law, grandfather, uncles, cousins, and currently 2 nephews. Thank you!)

#16-count intro. No tags or restarts!

Rock, Recover, Ball Step, Step, Step, Rock, Recover, Coaster Step

1-2& Rock right forward, recover to left, step right foot beside left
3-4 Step left forward, step right forward
5-6 Rock left forward, recover to right
7&8 Step left back, step right beside left, step left forward

Step, 1/4 Turn, Cross, Hitch, Touch, Hitch, Step, Point

1-2 Step right forward, 1/4 pivot turn left taking weight to left
3-4 Cross right over left, hitch left knee facing left diagonal
5-6 Touch left slightly behind right, hitch left knee facing left diagonal
7-8 Step left in place, point right to side (9:00)

Cross, Side, Behind, 1/4 Turn, Step, 1/2 Turn, 1/4 Turn, Behind

1-2 Cross right over left, step left to side
3-4 Cross right behind left with a slight dip, 1/4 turn left stepping left forward
5-6 Step right forward, 1/2 pivot turn left taking weight to left
7-8 1/4 Turn left stepping right to side, step left behind right (9:00)

Side, Cross Rock, Recover, Side, Toe Strut March (2X)

1-2 Step right to side, cross rock left over right,
3-4 Recover to right, step left to side
5-6 Step right ball in place, step right heel down
7-8 Step left ball in place, step left heel down (9:00)

Repeat and March on!
