

# Fight or Flight

拍数: 48      墙数: 4      级数: Improver waltz  
编舞者: Sandy Kerrigan (AUS) - May 2022  
音乐: I'm Movin' On - Rascal Flatts : (Greatest Hits, Vol. 1 (Remastered) iTunes)



Dance Info: Dance starts -wt on R – Dance Starts on Lyrics.

# 2 Restarts – Wall 4 at 6:00-Wall 7 at 12:00 - BPM [85:82] Track Length 3:52 - Version 1:00

## Diamond Fall away Turning ¼ L 9:00

1 2 3      Cross L over R, Step R to R Side, Turning 1/8th L-Step Back on L  
4 5 6      Step Back on R, Turning 1/8th L-Step L to L Side, Step Fwd R

## Basic Fwd Waltz, Basic Back Waltz 9:00

1 2 3      Step Fwd L, Step R next to L, Step L next to R  
4 5 6      Step Back R, Step L next to R, Step R next L

## ½ Left Basic Waltz, Back Basic Waltz 3:00

1 2 3      Turning ½ L-Step Fwd L, Step R next to L, Step L next to R  
4 5 6      Step Back R, Step L next to R, Step R next L

## Step Fwd L, Sweep R around Fwd, Step Fwd R, Sweep L around Fwd 3:00

1 2 3      Step Fwd L, Sweep R around Fwd (2 counts)  
4 5 6      Step Fwd R, Sweep L around Fwd (2 counts)

## Left Cross Twinkle, Cross, Point side, Hold 3:00

1 2 3      Cross L over R, Rock R to R Side, Rock L to L Side  
4 5 6      Cross R over L, Point L to L Side, Hold\*\*

Wall 7\*\* Turn ¼ R after the Point L to L, Hold, restart facing 12:00

## Step Behind, ¼ R Fwd, Step Fwd 6:00, Step Fwd R, ½ Pivot Turn L 12:00

1 2 3      Step/Cross L Behind R, Turning ¼ R-Step Fwd R, Step Fwd L  
4 5 6      Step Fwd R, ½ Pivot Turn L, Step Fwd R

Wall 4 – Restart here facing 6:00 Wall

## Step Fwd L (or step across), Point R to R Side, Hold, Behind, Side, Diagonal Fwd (L45°)

1 2 3      Step Fwd L (or cross L over R), Point R to R Side, Hold  
4 5 6      Step/Cross R behind L, Step L to L Side, Turning 1/8th L-Step Fwd R

## L Mambo Step, 3/8th R-Step Fwd R 3:00, Step Fwd L, ¼ Pivot R 6:00

1 2 3      Rock Fwd L, Replace Back to R, Step Back on L  
4 5 6      Turning 3/8th R-Step Fwd on R to 3:00, Step Fwd L, ¼ Pivot Turn to 6:00 – Wt on R

[48]

Note: There are 2 restarts, as noted above (walls 4 and 7).