

# AB Sync or Swim

COPPERKNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Sue Korek (USA) - 21 December 2024  
音乐: There's Nothing Holdin' Me Back - Shawn Mendes  
或: 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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