

# Just Fall

拍數: 80                      牆數: 2                      級數: Advanced  
編舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - April 2015  
音樂: Just Fall - Anthem Lights



Intro: 16 counts ( approximately 8 seconds )

**S1: Kick/Ball/Cross, Rock R, Recover L, Sailor R With 1/4 Turn L, Rock Forward L , Recover R**

1&2                      Rf kick diagonally forward right, Rf step next to Lf (&), Lf cross in front of Rf  
3-4                      Rf rock right, recover onto Lf  
5&6                      Rf cross behind Lf, make 1/4 turn left stepping Lf left(&), Rf step forward (9.00)  
7-8                      Lf rock forward, recover onto Rf

**S2: Shuffle Back L, Toe/Heel Strutt Back R With 1/2 Turn R, Toe/Heel Strutt Side L With 1/4 Turn R, Slide R**

1&2                      Lf step back, Rf step together(&), Lf step back  
3-4                      Rf touch toes back, make 1/2 turn right stepping down on right heel (3.00)  
5-6                      Lf touch toes left, make 1/4 turn right stepping down on left heel (6.00)  
7-8                      Rf take big step right, slide Lf next to Rf (weight remains on Rf )

**S3: Syncopated Heel Grinds Travelling Backwards, Cross, Side, Sailor R With 1/4 Turn L**

1-2                      Lf cross heel in front of Rf, Lf swivel toes to left stepping Rf back  
&                      Lf step back  
3-4                      Rf cross heel in front of Lf, Rf swivel toes to right stepping Lf back  
&                      Rf step back  
5-6                      Lf cross in front of Rf, Rf step right  
7&8                      Lf cross behind Rf, make 1/4 turn left stepping Rf right(&), Lf step forward ( 3.00 )

**S4: Toe Touches With Hip Bumps (2X), 1/4 Turn Left, Slide R, Sailor L**

1-2                      Rf touch toes forward bumping hips forward, Rf step down  
3-4                      Lf touch toes forward bumping hips forward, Lf step down  
&                      make 1/4 turn left (12.00)  
5-6                      Rf make big step right, slide Lf next to Rf ( weight remains on Rf )  
7&8                      Lf cross behind Rf, Rf step right(&), Lf step left

**S5: Cross, Side L, Sailor R, Cross, Side R, Sailor L With 1/4 Turn L**

1-2                      Rf cross in front of Lf, Lf step left  
3&4                      Rf cross behind Lf, Lf step left ( & ), Rf step right  
5-6                      Lf cross in front of Rf, Rf step right  
7&8                      Lf cross behind Rf, make 1/4 turn left stepping Rf right ( & ), Lf step left ( 9.00 )

**S6: Cross, Side L, Sailor R, Cross, Side R, Sailor L With 1/4 Turn L**

1-2                      Rf cross in front of Lf, Lf step left  
3&4                      Rf cross behind Lf, Lf step left ( & ), Rf step right  
5-6                      Lf cross in front of Rf, Rf step right  
7&8                      Lf cross behind Rf, make 1/4 turn left stepping Rf right ( & ), Lf step left ( 6.00 )

**S7: Kick Forward R, Step Together R, Touch Back L, Swivels With 1/2 Turn L, Coaster L, Out/Out**

1&2                      Rf kick forward, Rf step together ( & ), Lf touch back  
3&4                      Lf +Rf swivel heels right, Lf +Rf swivel heels back to centre (& ) , Lf+Rf swivel heels right making 1/2 turn left keeping weight on Rf (12.00)  
5&6                      Lf step back, Rf step together ( & ), Lf step forward  
7-8                      Rf step right, Lf step left

**S8: Toe Heel Strutts Back (2X) , Coaster R, Out/Out**

1-2 Rf touch toes back , Rf step down  
3-4 Lf touch toes back, Lf step down  
5&6 Rf step back, Lf step together ( & ), Rf step forward  
7-8 Lf step left, Rf step right

**S9: Knee Pops (2X) , Sailor R With 1/4 Turn R, Kick/Ball/Touch, Sailor R**

1-2 Lf pop knee in front of Rf, Rf pop knee in front of Lf (weight is on Lf)  
3&4 Rf cross behind Lf , make 1/4 turn right stepping Lf left ( & ), Rf step right ( 3.00 )  
5&6 Lf kick forward, Lf step together ( & ), Rf touch right  
7&8 Rf cross behind Lf, Lf step left ( & ), Rf step right

**S10: Cross, Side R, Sailor With 1/4 Turn L, 1/2 Turn L, Walks (2X)**

1-2 Lf cross in front of Rf, Rf step right  
3&4 Lf cross behind Rf, make 1/4 turn left stepping Rf right ( & ), Lf step forward ( 12.00 )  
5-6 Rf step forward , make 1/2 turn left stepping Lf forward  
7-8 Rf step forward, Lf step forward

**Enjoy the dance! !**

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