The Struggle is Real



編舞者: Kim Meiss (USA) - March 2020

音樂: The Man - Taylor Swift



Vocals start right away. Start dancing after 16 counts with the lyric "and that would be ok"

RIGHT SIDE BEHIND AND HEEL BALL CROSS, REPEAT TO THE LEFT

| 1,2&3 | Step R to side, Cross L behind R, Step R next to L, Touch L heel forward |
|-------|---|
| &4 | Step on the ball of the L next to the R, Step the R slightly across the L |
| 5,6&7 | Step L to side, Cross R behind L, Step L next to R, Touch R heel forward |
| &8 | Step on the ball of the R next to the L, Step the L slightly across the R |

ROCK RECOVER TRIPLE ½ TURN, ROCK FWD-BACK-FWD-BACK

| 1,2 | Rock forward on the R, Recover on the L |
|-----|---|
| 3&4 | Triple step RLR while making ½ turn to the right [6:00] |
| 5,6 | Rock forward on the L, Rock back on the R |
| 7.8 | Rock forward on the L. Rock back on the R |

COASTER STEP, ROCK RECOVER, COASTER STEP, ROCK RECOVER

| 1&2 | Step back on the L, Step R beside L, Step forward on the L |
|-----|--|
| 3,4 | Rock forward on the R, Recover on the L |
| 5&6 | Step back on the R, Step L beside R, Step forward on the R |
| 7.8 | Rock forward on the L. Recover on the R |

1/4 TURN LEFT AND WEAVE, TOUCH, SWAY THE HIPS RIGHT THEN LEFT

| 1,2 | Step back on the L making 1/4 turn left, Cross R over L [3:00] |
|-----|--|
| 3,4 | Step L to side, Cross R behind L |
| 5,6 | Step L to side, Touch R beside L |
| 7,8 | Sway the hips right, Sway the hips left |