

# Don't Fight It

拍數: 64      牆數: 4      級數: High Improver  
編舞者: Kim Liebsch (DK) - August 2020  
音樂: Life Is a Rollercoaster - Ronan Keating : (Album: Twenty Twenty - 3:24)



**Intro: 64 counts from 1`st beat (appr.33 seconds) Start with weight on L foot**

**Restart: On wall 4 after 40 counts (\*6:00)**

**Ending: Make ¼ turn L stepping R to R side to face 12:00 (after 32 counts on wall 6)**

**#1 section: Walk walk, out out step fw. rock recover, shuffle back**

1-2            Walk fw. R, walk fw. L 12:00  
&3-4         Step out R, step out L, step fw. on R 12:00  
5-6            Rock fw. on L, recover on R 12:00  
7&8          Step back on L, step R next to L, step back on L 12:00

**#2 section: Back back, out out step back, rock recover, step fw. clap clap**

1-2            Step back R, step back L 12:00  
&3-4         Step out R, step out L, step back on R 12:00  
5-6            Rock back on L, recover on R 12:00  
7&8          Step fw. on L, hold while clapping twice 12:00

**#3 section: Step ¼ turn, cross clap clap, 2 X ¼ turn, cross clap clap**

1-2            Step fw. on R, make ¼ turn L stepping L to L side 9:00  
3&4          Cross R over L, hold while clapping twice 9:00  
5-6            Make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side 3:00  
7&8          Cross L over R, hold while clapping twice 3:00

**#4 section: Side rock, behind ¼ step, 2 X paddle ¼ turn**

1-2            Rock R to R side, recover on L 3:00  
3-4            Cross R behind L, make ¼ turn L stepping fw. on L 12:00  
5-6            Step fw. on R, make ¼ turn L changing weight to L 9:00  
7-8            Step fw. on R, make ¼ turn L changing weight to L 6:00

**#5 section: Jazzbox ¼ turn with point, 2 X point, back point**

1-2            Cross R over L, make ¼ turn R stepping back on L 9:00  
3-4            Step R to R side, point L to L side 9:00  
5-6            Point L fw. point L to L side 9:00  
7-8            Step back on L, point R to R side (\*6:00) 9:00

**#6 section: Rock recover, coaster step X 2**

1-2            Rock fw. on R, recover on L 9:00  
3&4          Step back on R, step L next to R, step fw. on R 9:00  
5-6            Rock fw. on L, recover on R 9:00  
7&8          Step back on L, step R next to L, step fw. on L 9:00

**#7 section: Side drag, together cross X 2**

1-2            Step R to R side, drag L to R 9:00  
3-4            Step L next to R, cross R over L 9:00  
5-6            Step L to L side, drag R to L 9:00  
7-8            Step R next to L, cross L over R 9:00

**#8 section: Side rock, behind ¼ step X 2**

- 1-2 Rock R to R side, recover on L 9:00
- 3-4 Cross R behind L, make  $\frac{1}{4}$  turn L stepping fw. on L 6:00
- 5-6 Rock R to R side, recover on L 6:00
- 7-8 Cross R behind L, make  $\frac{1}{4}$  turn L stepping fw. on L 3:00

**GOOD LUCK & N'JOY!**

**(Contact: kimliebsch on Instagram or liebsch@ymail.com)**

**Last Update - 2 Sept. 2020**

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