

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!

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