

Fight or Flight

拍數: 48 牆數: 4 級數: Improver waltz
編舞者: Sandy Kerrigan (AUS) - May 2022
音樂: I'm Movin' On - Rascal Flatts : (Greatest Hits, Vol. 1 (Remastered) iTunes)



Dance Info: Dance starts -wt on R – Dance Starts on Lyrics.

2 Restarts – Wall 4 at 6:00-Wall 7 at 12:00 - BPM [85:82] Track Length 3:52 - Version 1:00

Diamond Fall away Turning ¼ L 9:00

1 2 3 Cross L over R, Step R to R Side, Turning 1/8th L-Step Back on L
4 5 6 Step Back on R, Turning 1/8th L-Step L to L Side, Step Fwd R

Basic Fwd Waltz, Basic Back Waltz 9:00

1 2 3 Step Fwd L, Step R next to L, Step L next to R
4 5 6 Step Back R, Step L next to R, Step R next L

½ Left Basic Waltz, Back Basic Waltz 3:00

1 2 3 Turning ½ L-Step Fwd L, Step R next to L, Step L next to R
4 5 6 Step Back R, Step L next to R, Step R next L

Step Fwd L, Sweep R around Fwd, Step Fwd R, Sweep L around Fwd 3:00

1 2 3 Step Fwd L, Sweep R around Fwd (2 counts)
4 5 6 Step Fwd R, Sweep L around Fwd (2 counts)

Left Cross Twinkle, Cross, Point side, Hold 3:00

1 2 3 Cross L over R, Rock R to R Side, Rock L to L Side
4 5 6 Cross R over L, Point L to L Side, Hold**

Wall 7** Turn ¼ R after the Point L to L, Hold, restart facing 12:00

Step Behind, ¼ R Fwd, Step Fwd 6:00, Step Fwd R, ½ Pivot Turn L 12:00

1 2 3 Step/Cross L Behind R, Turning ¼ R-Step Fwd R, Step Fwd L
4 5 6 Step Fwd R, ½ Pivot Turn L, Step Fwd R

Wall 4 – Restart here facing 6:00 Wall

Step Fwd L (or step across), Point R to R Side, Hold, Behind, Side, Diagonal Fwd (L45°)

1 2 3 Step Fwd L (or cross L over R), Point R to R Side, Hold
4 5 6 Step/Cross R behind L, Step L to L Side, Turning 1/8th L-Step Fwd R

L Mambo Step, 3/8th R-Step Fwd R 3:00, Step Fwd L, ¼ Pivot R 6:00

1 2 3 Rock Fwd L, Replace Back to R, Step Back on L
4 5 6 Turning 3/8th R-Step Fwd on R to 3:00, Step Fwd L, ¼ Pivot Turn to 6:00 – Wt on R

[48]

Note: There are 2 restarts, as noted above (walls 4 and 7).