

Don't Be Afraid

拍數: 160 牆數: 1 級數: Advanced
編舞者: Michela Rosso (IT) & Mara Ramassotto (IT) - June 2023
音樂: Road Less Traveled - Lauren Alaina



PART A (64)

S1: KICK BALL TOUCH X2, SPIN, ROCK SIDE

1&2 Kick R forward, recover weight on R, touch L toe to L side
3&4 Kick L forward, recover weight on L, touch R toe to R side
5-6 Spin on L turning $\frac{3}{4}$ R, step R forward
7-8 Rock L to L side turning $\frac{1}{4}$ R, recover on R

S2: VAUDEVILLE, STEP TURN, SHUFFLE BACK, STEP BACK X2

1&2 Cross L over R, step R to R side, touch L heel diagonally forward
&3-4 Recover L next to R, step R forward, turn $\frac{1}{2}$ L (weight on the L) (6:00)
5&6 Step R back turning $\frac{1}{2}$ L side, step L next to R, step R back
7-8 Step L back, step R back

S3: TOUCH, TURN $\frac{1}{2}$, SHUFFLE, STEP TURN X2

1-2 Touch L toe back, turn $\frac{1}{2}$ to L (weight on L), hitch R from back to front
3&4 Step R forward, step L next to R, step R forward
5-6 Step L back turning $\frac{1}{2}$ R, step R forward turning $\frac{1}{2}$ R
7-8 Step L back turning $\frac{1}{2}$ R, step R forward turning $\frac{1}{2}$ to R (6:00)

S4: ROCK, SAILOR STEP, KICK BALL CROSS, STEP SIDE X2

1-2 Step L forward, recover on R
3&4 Step L behind R, step R next L, step L forward turning $\frac{1}{4}$ L (3:00)
5&6 Kick R forward, step R next to L, cross L over R
7-8 Step R to R side, step L to L side turning $\frac{1}{4}$ L (12:00)

S5: SHUFFLE SIDE X3, SAILOR STEP

1&2 Step R to R side, step L next to R, step R to R side (12:00)
3&4 Step L to L side turning $\frac{1}{2}$ L, step R next to L, step L to L side (6:00)
5&6 Step R to R side turning $\frac{1}{2}$ R, step L next to R, step R to R side (12:00)
7&8 Step L behind R, step R next to L, step L forward turning $\frac{1}{4}$ L (9:00)

S6: STEP X4, SHUFFLE, CROSS & CROSS

1-2 Step R forward, step L forward
3-4 Step R forward, step L forward
5&6 Step R forward, step L next to R, step R forward
&7&8 Step L to L side turning $\frac{1}{4}$ R, cross R behind L, step L to L side, cross R over L (12:00)

S7: SHUFFLE SIDE X3, SAILOR STEP

1&2 Step L to L side, step R next to L, step L to L side (12:00)
3&4 Step R to R side turning $\frac{1}{2}$ R, step L next to R, step R to R side (6:00)
5&6 Step L to L side turning $\frac{1}{2}$ L, step R next to L, step L to L side (12:00)
7&8 Step R behind L, step L next to R, step R forward turning $\frac{1}{4}$ R (3:00)

S8: STEP X4, SHUFFLE, CROSS & CROSS

1-2 Step L forward, step R forward
3-4 Step L forward, step R forward

- 5&6 Step L forward, step R next to L, step L forward
 &7&8 Step R to R side turning $\frac{1}{4}$ L, cross L behind R, step R to R side, cross L over R (12:00)

PART B (48)

S1: GALLOP R X4, GALLOP L X4

- 1&2& Step R forward turning $\frac{1}{8}$ R, close L behind R, step R forward, close L behind R
 3&4 Step R forward, close L behind R, step R forward
 5&6& Step L forward turning $\frac{2}{8}$ L, close R behind L, step L forward, close R behind L
 7&8 Step L forward, close R behind L, step L forward

S2: ROCK, TURN SHUFFLE, ROCK, TURN SHUFFLE

- 1-2 Step R forward turning $\frac{1}{8}$ R, recover on L (12:00)
 3&4 Step R forward turning $\frac{1}{2}$ R, step L next to R, step R forward turning $\frac{1}{2}$ R
 5-6 Step L forward, recover on R
 7&8 Step L forward turning $\frac{1}{2}$ L, step R next to L, step L forward turning $\frac{1}{2}$ L

S3: SHUFFLE BACK, STEP SWEEP X2, $\frac{1}{2}$ TURN, SAILOR STEP

- 1&2 Step R back, step L next to R, step R back
 &3&4 Step L next to R, sweep R from front to back, recover weight on R, sweep L from front to back
 5-6 Step L forward turning $\frac{1}{2}$ L, step R back turning $\frac{1}{2}$ L
 7&8 Step L behind R, step R next to L, step L forward turning $\frac{1}{2}$ L (6:00)

S4: KICK X3, TOUCH, JUMP HITCH, BIG STEP, SAILOR STEP TURN $\frac{1}{4}$

- 1-2 Kick R diagonally L forward, Kick R diagonally L forward
 3-4 Kick R diagonally R forward, touch R toe behind L
 &5-6 Jump hitch R, big step R to R side, slide L next to R
 7&8 Step L behind R, step R next to L, step L forward turning $\frac{1}{4}$ L (3:00)

S5: LOCK TURN X2, STEP PIVOT STEP, SHUFFLE

- &1-2 Step R forward, lock left behind R, unwind full turn L
 &3-4 Step R forward, lock left behind R, unwind full turn L
 5&6 Step R forward, step L next to R, step R forward turning $\frac{1}{2}$ L
 7&8 Step L forward, step R next to L, step L forward

S6: STEP, BUMP, SNAP, BUMP, SNAP, JAZZ BOX

- 1-2 step R to R side turning $\frac{1}{4}$ L, bump hip R, snap L
 3-4 step L to L side, bump hip, snap R
 5-6 Cross R over L, step L back turning $\frac{1}{4}$ R,
 7-8 Step L forward turning $\frac{1}{4}$ R, step L forward (12:00)

PART C (16)

S1: STOMP X2, APPLE JACK X6, HOLD

- 1-2 Stop R to R side, stomp L to L side
 &3 Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
 &4 Weight on R ball of foot and weight on L heel, swivel to the L, recover to center
 &5 Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
 &6 Weight on R ball of foot and weight on L heel, swivel to the L, recover to center
 &7 Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
 &8 Weight on R ball of foot and weight on L heel, swivel to the L, recover to center

S2: KICK R X2 KICK L, CROSS & CROSS, FLICK

- 1-2 Kick L in front of R, kick L to L side

3&4 Cross L behind R, step R to R side, cross L over R
5-6 Kick R in front of L, kick R to side
7 Step R next to L and flick L
8 Step L forward

TAG (32)

S1: DOWN & UP

1 Slide R toe to R and touch the floor with R hand
3-8 Go back to the top slowly and slide R next to L

S2: RUMBA BOX

1-2 Step R to R side, step L next to R
3-4 Step R forward, touch L next to R
5-6 Step L to L side, step R next to L
7-8 Step L back, touch R next to L

S3: STEP OUT, HOLD

&1 Step R out to R side, step L out to L side
2-8 Hold

S4: KICK X2, ROCK BACK, HOLD, FULL TURN X3, HOLD

1-2 Kick R in front of L, kick R to side
&3-4 Step R back (weight on R), hold
&5 Step R back turning $\frac{1}{2}$ to L (6:00), Step L forward turning $\frac{1}{2}$ to L (12:00)
&6 Step R back turning $\frac{1}{2}$ to L (6:00), Step L forward turning $\frac{1}{2}$ to L (12:00)
&7 Step R back turning $\frac{1}{2}$ to L (6:00), Step L forward turning $\frac{1}{2}$ to L (12:00)
8 Hold
