

Get Back Your Fight

拍數: 48 牆數: 2 級數: High Intermediate
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音樂: Get Back Your Fight - Sarah Reeves



Intro: 24 counts- Start with lyrics
No tags, One Restart* after 24 counts of Wall 5

[1-6] Slow Walk Forward L, R

1,2-3 Step forward L [1]. Slowly drag R forward towards L [2-3]. 12:00
4,5-6 Step forward R [4]. Slowly drag L forward towards R [5-6] 12:00

[7-12] L Cross, Side Rock, Recover, R Cross, Side Rock, Recover - these counts are essentially Botafogos but with waltz timing and style

1,2,3 Step L forward & slightly across R [1]. Rock side R [2]. Recover weight L [3]. 12:00
4,5,6 Step R forward & slightly across L [4]. Rock side L [5]. Recover weight R [6]. 12:00

[13-18] Reverse (Left) Turn with 3/4 Rotation to Left - these counts move forward towards 12:00 while rotating left with each step

1,2,3 Step forward L with 1/8 turn left [1] 11:00. Step side R [2] 8:00. Lock step L across R with 1/4 turn left [3] 6:00.
4,5,6 Turn 1/8 left stepping back R [4] 5:00. Turn 1/8 left stepping side L [5] 3:00. Step together R [6]. 3:00

[19-24] Walk L, Sweep R, Walk R, 1/2 Turning Sweep L*

1,2-3 Step forward L [1]. Sweep R forward [2-3]. 3:00
4,5-6 Step forward R [4]. Sweep L forward with 1/2 turn right, ending with L touching forward [5-6]. 9:00

Note: Bend R knee slightly to maintain strong balance here.

*Restart here during wall 5. Under-rotate the sweep on count six by 1/4 turn so you are facing 12:00 for the restart.

[25-30] Slow Flick Back L, Touch Forward L

1-2-3 Slow brush L back into flick while you raise your arms like graceful wings to your sides [1-3]. 9:00
4-5-6 Touch L forward while you gently lower your arms and slightly torque your left shoulder back (prep) [4-6]. 9:00

[31-36] Full Right Spiral Sweep, Full Turn Right Sweep

1,2-3 Take weight forward over L as you "spiral" turn 3/4 right [1] 6:00. Turn 1/4 right as you sweep R around to front [2-3] 9:00.
4,5,6 Small step forward R [4]. Turn 1/2 right with small step back L [5] 3:00. Turn 1/2 right stepping forward R and sweeping L around to front [6] 9:00.

[37-42] Open Diamond Turn with 1/2 Rotation to Left

1,2,3 Step L across R to diagonal [1] 11:00. Turn 1/8 left stepping side R squaring up [2] 9:00. Turn 1/8 left stepping back L to diagonal [3] 7:00.
4,5,6 Step back R to diagonal [4] 7:00. Turn 1/8 left stepping side L squaring up [5] 6:00. Turn 1/8 left stepping forward R to diagonal [6] 4:00.

[43-48] Finish the Open Diamond Turn with 3/4 Rotation to Left

1,2,3 Step forward L to diagonal [1] 4:00. Turn 1/8 left stepping side R squaring up [2] 3:00. Turn 1/8 left stepping back L to diagonal [3] 1:00.

4,5,6

Turn $1/8$ left stepping back R squaring up [1] 12:00. Turn $1/2$ left stepping forward L [2] 9:00.
Step forward R [6] 6:00.

Start Again and Enjoy!
