

Don't Fight It

拍數: 48 牆數: 4 級數:
編舞者: Maggie Gallagher (UK)
音樂: Can't Fight It - Gisselle



Dedicated to Rob & Lisa Carlo for their support during the development of the dance

SIDE, TOGETHER, CHASSE LEFT (CUBAN HIPS), ROCK, RECOVER, SIDE

1-2 Step left to left side, step right beside left
3&4 Step left to left side, close right to left, step left to left side
5-6 Cross rock right across front of left, recover weight onto left
7 Step out to right side

CROSS SHUFFLE, SIDE-ROCK, BEHIND-SIDE-CROSS, SIDE-ROCK

8&1 Cross left over right, step right to right side, cross left over right
2-3 Rock out to right side, recover weight onto left
4&5 Cross right behind left, step left to left side, cross right over left
6-7 Rock out to left side, rock to right side

LEFT SAILOR STEP, SAILOR ¼ RIGHT, WALK LEFT, RIGHT, LEFT-LOCK-STEP

8&1 Cross left behind right, step right to right side, step on left
2&3 Cross right behind left, step left to left side making ¼ turn right, step right beside left
4-5 Walk forward left, walk forward right
6&7 Step forward left, lock step right behind left, step forward left

FORWARD MAMBO, SIDE-ROCK, BEHIND-SIDE-CROSS, ROCK, RECOVER, TOUCH

8&1 Rock right forward, recover weight onto left, step right next to left
2-3 Rock to left side, recover weight onto right
4&5 Cross left behind right, step right to right side, cross step left in front of right
6-7 Rock to right side, recover weight onto left
8 Touch right beside left

RIGHT LOCK-BACK, LEFT LOCK-BACK, FULL TURN, BACK TOUCH

1&2 Step back on right, cross step left over right, step back on right. (angling body to right corner)
3&4 Step back on left, cross step right over left, step back on left. (angling body to left corner)
5-6 Make ½ turn right stepping forward on right, make ½ turn right stepping back on left

Alternative: step back on right, step back on left

7-8 Step back on right, touch left across front of right

FORWARD LEFT, RONDE, FORWARD RIGHT, RONDE, CROSS, HIP BUMPS, LEFT HITCH

1-2 Step forward on left, ronde right foot forward keeping weight on left
3-4 Step forward on right, ronde left foot forward. (keeping weight on right)
5 Cross left over right
6-7 Step right to side and bump hips right, bump hips left
8 Bump hips right and hitch left slightly (pointing knee inward, toe down)

REPEAT

TAG

The tag is danced after the fourth wall - facing the front - home wall

SIDE-ROCK, CROSS SHUFFLE, SIDE-ROCK, CROSS SHUFFLE

1-2 Rock to left side, rock to right side

3&4 Cross left over right, step right to right side, cross left over right
5-6 Rock to right side, rock to left side
7&8 Cross right over left, step left to left side, cross right over left
