

# Fit In Line 4 Life (Special Dance To Rita)

**COPPER** KNOB  
STEPSHEETS

拍數: 48                      牆數: 4                      級數: Improver  
編舞者: Sebastiaan Holtland (NL) - September 2011  
音樂: Dancing For Your Life - Massari : (Album: VIP - Single - 2011)



## 32 count intro (16 Sec)

### Sec 1: [1-8] Rock Fwd R, Recover, Turn 1/4 R, Ball, Rock Fwd L, Recover, 1/2 Turn L, Fwd,

1                      /4 Turn L, Side, Back Rock, Recover  
1-2                      Rock Rf forward, recover on Lf (12:00)  
&3-4                      Turn 1/4 right (3) step Rf beside Lf, rock Lf forward, recover on Rf  
5-6                      Turn 1/2 left (9) step Lf forward, turn 1/4 left (6) step Rf to the right  
7-8                      Rock Lf back, recover on Rf (6:00)

### Sec 2: [9-16] Kick, Ball, Cross, Side, Touch, Kick, Ball, Cross, Big Side Step, Together (weight change)

1&2                      Kick Lf diagonal forward, step Lf back in place beside Rf, cross Rf over Lf (6)  
3-4                      Step Lf to the left, touch R toe next to Lf  
5&6                      Kick Rf diagonal forward, step Rf back in place beside Lf, cross Lf over Rf  
7-8                      Step Rf big to the right, step Lf beside Rf take weight onto Lf (6:00) \*\*Restarts\*\*

**Restart Here WALLS 4 / 6 after 16 counts, 1st Restart (Facing 3 o'clock) 2nd Restart (Facing 12 o'clock)**

### Sec 3: [17-24] Tap, 1/4 Turn L, Rising Heels, Twist R Heel Up, Turn 1/4 L, Replace, Heel Up, Step, Lock, Lock Step Fwd

1&2                      Tap R toe forward, Turn 1/4 left (3) rise heels of the floor, drop both heels to the floor take weight onto both feet  
3&4                      Twist R heel up to right, replace, turn quick 1/4 left (12) twist L heel up to left holding weight onto Rf  
5-6                      Step Lf forward, lock Rf behind Lf  
7&8                      Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf (12:00)

### Sec 4: [25-32] Cross, 1/4 Turn R, Back, Back, Small Step Fwd, Down Up, Hip Lift, Centre

1-2                      Cross Rf over Lf, turn 1/4 right (3) step Lf back  
3-4                      Step Rf back, step Lf small forward  
5-6                      Dip body down, coming up weight onto Rf  
7-8                      Push hips forward while you stretch your left leg, hips back to centre (3:00)

### Sec 5: [33-40] Step Lock & Step Lock, 1/4 R, Fwd Rock, Recover, 3/4 Triple L

1,2&                      Step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward (3)  
3,4&                      Turn 1/4 right (6) Step Rf forward, lock Lf behind Rf, step Rf diagonal forward  
5-6                      Rock Lf forward, recover on Rf  
7&8                      Triple 3/4 left (9) stepping Lf forward, step Rf beside Lf, stepping Lf forward

### Sec 6: [41-48] Heels Fwd, Back, Together, Point, 1/2 Turn R, Lift, Side Rock, Recover

1-2                      Step forward on R heel, Step forward on L heel (9:00)  
&3-4                      Step Rf back, step Lf next to Rf take weight onto Lf  
5-6                      Point Rf out to the right, turn 1/2 right on Lf (3) lift R knee up holding weight onto Lf  
7-8                      Rock Rf to the right, recover on Lf weight onto Lf (3:00)

**Start Again, Enjoy!**

