

# Dance Or Die

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Lidia Landon Michael (USA) - July 2025

**Music:** Dance or Die (Smash Hunter Remix) - Brooklyn Funk Essentials



This Dance was created as a tribute to the "Dance Or Die" Challenges in Southern California

**NO TAGS! NO RESTARTS**

**INTRO: 16 COUNTS ( 11 seconds into song)**

## **SECTION 1 4 SKATES, STEP SIDE, COASTER STEP, STEP FRONT**

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

## **SECTION 2 STEP SIDE, HIP CIRCLE TOUCH } 2X, STEP BEHIND, STEP ¼ R , FRONT SHUFFLE**

- 1-2 Step L to L side, hip circle & touch R to R front diagonal
- 3-4 Step R to R side, hip circle & touch L to L front diagonal
- 5-6 Step L behind R, step R ¼ R to face 3:00 Wall
- 7&8 Step Forward L, step R next to L, step forward L

## **SECTION 3 TURNING V STEP 2x**

- 1&2 Step R to R front diagonal, Step L to L front diagonal
- 3&4 Step R back making ¼ R turn , Step L next to R
- 5-6 Step R to R front diagonal, Step L to L front diagonal
- 7-8 Step R back making ¼ R turn , Step L next to R

## **SECTION 4 SIDE ROCK RECOVER TOGETHER} 2X, ROCKING CHAIR**

- 1-2& Rock R to R side, Recover L, Step R next to L
- 3-4& Rock L to L side, Recover R, Step L next to R
- 5-6 Rock forward R, Recover L
- 7-8 Rock backward R, Recover L

**CONTACT:** [lidia.michael@outlook.com](mailto:lidia.michael@outlook.com)

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