

Don't Fight It

拍数: 48 墙数: 4 级数:
编舞者: Maggie Gallagher (UK)
音乐: 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
