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

1-2 Step left to left side, step right beside left

Step left to left side, close right to left, step left to left sideCross 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 1/2 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

Step back on right, cross step left over right, step back on right. (angling body to right corner)

Step back on left, cross step right over left, step back on left. (angling body to left corner)

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

Step forward on left, ronde right foot forward keeping weight on left
 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