# Don't Be Afraid



拍數: 160 牆數: 1 級數: Advanced 編舞者: Michela Rosso (IT) & Mara Ramassotto (IT) - June 2023

音樂: Road Less Traveled - Lauren Alaina



# **PART A (64)**

S1: KICK BALL	TOUGLEVO	CDINI	
SI KILK BALL	1 ( ) ( ) ( ) H X /	SPIN	RULK SIDE

1&2	Kick R forward, recover weight on R, touch L toe to L side
3&4	Kick L forward, recover weight on L, touch R toe to R side

5-6 Spin on L turning ¾ R, step R forward7-8 Rock L to L side turning ¼ R, recover on R

## S2: VAUDEVILLE, STEP TURN, SHUFFLE BACK, STEP BACK X2

1&2 Cross L over R, step R to R side, touch L heel diagonally forward &3-4 Recover L next to R, step R forward, turn ½ L (weight on the L) (6:00)

5&6 Step R back turning ½ L side, step L next to R, step R back

7-8 Step L back, step R back

# S3: TOUCH, TURN ½, SHUFFLE, STEP TURN X2

1-2 Touch L toe I	back, turn ½ to L (weight on L),	hitch R from back to front
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Step R forward, step L next to R, step R forward
Step L back turning ½ R, step R forward turning ½ R

7-8 Step L back turning ½ R, step R forward turning ½ to R (6:00)

## S4: ROCK, SAILOR STEP, KICK BALL CROSS, STEP SIDE X2

1-2 Step L forward, recover on R

3&4 Step L behind R, step R next L, step L forward turning ½ L (3:00)

5&6 Kick R forward, step R next to L, cross L over R
7-8 Step R to R side, step L to L side turning ¼ L (12:00)

## S5: SHUFFLE SIDE X3, SAILOR STEP

1&2 Step R to R side, step L next to R, step R to R side (12:00)

Step L to L side turning ½ L, step R next to L, step L to L side (6:00)
Step R to R side turning ½ R, step L next to R, step R to R side (12:00)
Step L behind R, step R next to L, step L forward turning ¼ L (9:00)

## S6: STEP X4, SHUFFLE, CROSS & CROSS

1-2 Step R forward, step L forward3-4 Step R forward, step L forward

5&6 Step R forward, step L next to R, step R forward

&7&8 Step L to L side turning ¼ R, cross R behind L, step L to L side, cross R over L (12:00)

## S7: SHUFFLE SIDE X3, SAILOR STEP

1&2 Step L to L side, step R next to L, step L to L side (12:00)

Step R to R side turning ½ R, step L next to R, step R to R side (6:00)

Step L to L side turning ½ L, step R next to L, step L to L side (12:00)

Step R behind L, step L next to R, ster R forward turning ¼ R (3:00)

# S8: STEP X4, SHUFFLE, CROSS & CROSS

1-2 Step L forward, step R forward3-4 Step L forward, step R forward

5&6 Step L forward, step R next to L, step L forward

&7&8 Step R to R side turning ¼ L, cross L behind R, step R to R side, cross L over R (12:00)

## **PART B (48)**

## S1: GALLOP R X4, GALLOP L X4

1&2& Step R forward turning ¼ R, close L behind R, step R forward, close L behind R

3&4 Step R forward, close L behind R, step R forward

5&6& Step L forward turning 2/8 L, close R behind L, step L forward, close R behind L

7&8 Step L forward, close R behind L, step L forward

## S2: ROCK, TURN SHUFFLE, ROCK, TURN SHUFFLE

1-2 Step R forward turning 1/8 R, recover on L (12:00)

3&4 Step R forward turning ½ R, step L next to R, step R forward turning ½ R

5-6 Step L forward, recover on R

7&8 Step L forward turning ½ L, step R next to L, step L forward turning ½ L

# S3: SHUFFLE BACK, STEP SWEEP X2, ½ TURN, SAILOR STEP

1&2 Step R back, step L next to R, step R back

&3&4 Step L next to R, sweep R from front to back, recover weight on R, sweep L from front to

back

5-6 Step L forward turning ½ L, step R back turning ½ L

7&8 Step L behind R, step R next to L, step L forward turning ½ L (6:00)

## S4: KICK X3, TOUCH, JUMP HITCH, BIG STEP, SAILOR STEP TURN 1/4

1-2 Kick R diagonally L forward, Kick R diagonally L forward

3-4 Kick R diagonally R forward, touch R toe behind L &5-6 Jump hitch R, big step R to R side, slide L next to R

7&8 Step L behind R, step R next to L, step L forward turning ¼ L (3:00)

## S5: LOCK TURN X2, STEP PIVOT STEP, SHUFFLE

&1-2 Step R forward, lock left behind R, unwind full turn L &3-4 Step R forward, lock left behind R, unwind full turn L

5&6 Step R forward, step L next to R, step R forward turning ½ L

7&8 Step L forward, step R next to L, step L forward

#### S6: STEP, BUMP, SNAP, BUMP, SNAP, JAZZ BOX

1-2 step R to R side turning ¼ L, bump hip R, snap L

3-4 step L to L side, bump hip, snap R

5-6 Cross R over L, step L back turning 1/4 R,

7-8 Step L forward turning ¼ R, step L forward (12:00)

# **PART C (16)**

#### S1: STOMP X2, APPLE JACK X6, HOLD

1-2 Stop R to R side, stomp L to L side

Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
Weight on R ball of foot and weight on L heel, swivel to the L, recover to center
Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
Weight on R ball of foot and weight on L heel, swivel to the L, recover to center
Weight on L ball of foot and weight on R heel, swivel to the R, recover to center
Weight on R ball of foot and weight on L heel, swivel to the L, recover to center

## S2: KICK R X2 KICK L, CROSS & CROSS, FLICK

1-2 Kick L in front of R, kick L to L side

3&4 Cross L behind R, step R to R side, cross L over R5-6 Kick R in front of L, kick R to side

7 Step R next to L and flick L

8 Step L forward

# **TAG (32)**

# S1: DOWN & UP

Slide R toe to R and touch the floor with R hand Go back to the top slowly and slide R next to L

## S2: RUMBA BOX

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

## S3: STEP OUT, HOLD

&1 Step R out to R side, step L out to L side

2-8 Hold

# S4: KICK X2, ROCK BACK, HOLD, FULL TURN X3, HOLD

1-2 Kick R in front of L, kick R to side &3-4 Step R back (weight on R), hold

Step R back turning ½ to L (6:00), Step L forward turning ½ to L (12:00)
Step R back turning ½ to L (6:00), Step L forward turning ½ to L (12:00)
Step R back turning ½ to L (6:00), Step L forward turning ½ to L (12:00)

8 Hold