Still Fighting

拍數: 32

級數: Intermediate

編舞者: Trish McElhinney (CAN) - March 2025

音樂: Fighting - Tyler Joe Miller

[1-8] Forward Sweep, Rock, Sweep, Cross, Out, Out, Collapse, R Nightclub Basic 1-3 Step forward on RF sweeping LF from back to front (1), Rock forward on LF (2), Recover onto RF sweeping LF from front to back (3) 12:00 4-5 Cross LF behind RF (4), Step RF to R Side slightly forward (&), Step LF to L Side slightly forward rising up on the balls of your feet (5) 12:00 Drop weight down to L side, bending L knee and slightly collapsing upper body (6), Step RF 6-8 to R side (7), Close LF slightly behind RF (8), Cross RF over LF (&) 12:00 *Optional Arms on Chorus he sings the lyrics "up inside my head" on count 5 (up) reach both hands up on either side of and slightly higher than head level, count 6 (inside) pull the hands down to the temple and on count 7 (my head) release both hands out to the side letting them drop as you complete the nightclub basic. [9-16] Side, Behind, ¼, Forward, Full Chase with Sweep, Sweep x2, Back Rock, Recover Step LF to L Side (1), Cross RF behind LF (2), make ¹/₄ turn L stepping LF forward (&), step 1-3 RF forward (3) 9:00 4-5 Step LF forward (4), make 1/2 turn R transferring weight to RF (&), make 1/2 turn R stepping back on LF sweeping RF from front to back (5) 9:00 6-8 Step back on RF sweeping LF from front to back (6), Step back on LF sweeping RF from front to back (7), Rock back on RF (8), Recover onto LF (&) 9:00 *Restart Wall 4, make a ¼ R to restart the dance facing 6:00 [17-24] Forward, Cross, Side Rock, Recover, ¼ Diamond, Full Turn Step RF forward, slightly to the diagonal (1), Cross LF over RF (2), Rock RF to R Side (&), 1-3 Recover onto LF (3) 9:00 4-7 Cross RF over LF (4), Step LF to L side (&), make 1/8 turn R stepping RF back (5), Step LF back (6), make 1/8 turn R stepping RF to R side (&), Step LF forward prepping for a turn (7) 12:00 8& Make ¹/₂ turn L stepping RF back (8), Make ¹/₂ turn L stepping LF forward (&) 12:00 *Restart Wall 8 facing 12:00 [25-32] Forward, Mambo, Back, ½, Forward, Cross Rock, Recover, Side, Cross Rock, Recover, Side Step RF forward (1), Rock LF forward (2), Recover onto RF (&), Step LF back (3), Step RF 1-4 back (4), Make 1/2 turn L stepping LF forward (&) 6:00 Cross Rock RF over LF (5), Recover onto LF (6), Step RF to R Side (&), Cross Rock LF over 5-8 RF (7), Recover onto RF (8), Step LF to L Side (&), 6:00 Enjoy:)

Last Update: 8 Mar 2025





牆數:2