

## *Fight or Flight*

**Music:** I'm Movin' On/Rascal Flatts/Greatest Hits, Vol. 1 (Remastered) iTunes  
**Choreographer:** Sandy Kerrigan (Sydney) Australia – May 2022  
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**Dance Description:** 4 Wall – 48 Count – Improver Line Dance Waltz  
**Dance Info:** Dance starts -wt on R – Dance Starts on Lyrics. – 2 Restarts – Wall 4 at 6:00-Wall 7 at 12:00  
BPM [85:82] Track Length 3:52 - Version 1:00

### *Diamond Fall away Turning ¼ L 9:00*

1 2 3 Cross L over R, Step R to R Side, Turning 1/8<sup>th</sup> L-Step Back on L  
4 5 6 Step Back on R, Turning 1/8<sup>th</sup> L-Step L to L Side, Step Fwd R

### *Basic Fwd Waltz, Basic Back Waltz 9:00*

1 2 3 Step Fwd L, Step R next to L, Step L next to R  
4 5 6 Step Back R, Step L next to R, Step R next L

### *½ Left Basic Waltz, Back Basic Waltz 3:00*

1 2 3 Turning ½ L-Step Fwd L, Step R next to L, Step L next to R  
4 5 6 Step Back R, Step L next to R, Step R next L

### *Step Fwd L, Sweep R around Fwd, Step Fwd R, Sweep L around Fwd 3:00*

1 2 3 Step Fwd L, Sweep R around Fwd (2 counts)  
4 5 6 Step Fwd R, Sweep L around Fwd (2 counts)

### *Left Cross Twinkle, Cross, Point side, Hold 3:00*

1 2 3 Cross L over R, Rock R to R Side, Rock L to L Side  
4 5 6 Cross R over L, Point L to L Side, Hold\*\*  
*Wall 7\*\* Turn ¼ R after the Point L to L, Hold, restart facing 12:00*

### *Step Behind, ¼ R Fwd, Step Fwd 6:00, Step Fwd R, ½ Pivot Turn L 12:00*

1 2 3 Step/Cross L Behind R, Turning ¼ R-Step Fwd R, Step Fwd L  
4 5 6 Step Fwd R, ½ Pivot Turn L, Step Fwd R  
*Wall 4 – Restart here facing 6:00 Wall*

### *Step Fwd L (or step across), Point R to R Side, Hold, Behind, Side, Diagonal Fwd (L45°)*

1 2 3 Step Fwd L (or cross L over R), Point R to R Side, Hold  
4 5 6 Step/Cross R behind L, Step L to L Side, Turning 1/8<sup>th</sup> L-Step Fwd R

### *L Mambo Step, 3/8<sup>th</sup> R-Step Fwd R 3:00, Step Fwd L, ¼ Pivot R 6:00*

1 2 3 Rock Fwd L, Replace Back to R, Step Back on L  
4 5 6 Turning 3/8<sup>th</sup> R-Step Fwd on R to 3:00, Step Fwd L, ¼ Pivot Turn to 6:00 – Wt on R  
48

**Note:** There are 2 restarts, as noted above (walls 4 and 7).