

Fighting Fit!

32 count, 2 wall, intermediate level

Choreographer: Paulette Hylands (UK) June 2007

Choreographed to: What Am I Fighting For by

Unklejam, CD single (120 bpm)

32 count intro

Point Right Swivel Right & Point. Step Back. Back Coaster Cross, Point. Cross. Right Back Step. Left Side Step and Pop!

- 1-2 Point right toes to right. Swivel 1/4 right on ball of left pointing right toes forward.
3 Step back on right.
4&5 Step back on left. Cross right over left turning 1/4 right. Point left toes to side.
6-7 Cross left over right. Step back on right.
8 Step left to side and pop knee.

Right Side Shuffle 1/4 Turn. Swivel 3/4 with Touch. Step Right. Forward Left Rock & Cross.

- 1&2 Step right to side. Close left beside right. Step right 1/4 right.
3-4 Step left forward. On ball of left swivel 3/4 right touching right beside left.
5-6 Step right to side. Left rock forward.
7&8 Recover weight to right. Step left beside right. Cross right over left.

Left Toe Strut. Right Toe Strut with 1/4 Turn. Swivel 1/4 Right, Pointing Left to Side, Replace. Point Right to Side, Replace.

- 1-2 Place left toes to left. Drop Heel.
3-4 Place right toes 1/4 turn right. Drop Heel.
5-6 Swivelling 1/4 right on ball of right, point left toes to left. Step left beside right.
7-8 Point right toes to right. Touch right beside left.

Right Side Rock, Recover. Step Right 1/4 Right. Left Side Point. Replace. Forward Right Rock, Recover. Step Right 1/4 Right. Left Side Point. Replace. Forward Right Point

- 1&2 Rock right on right. Recover. Step right foot 1/4 right.
3-4 Point left toes to left. Step left beside right.
5-6 Rock forward on right. Recover.
&7 Step right 1/4 to right. Point left toes to left
&8 Step left next to right. Point right toes forward.

TAG (when you get back to the front for 2nd time! You'll hear it...)

- 1-4 With toes still pointing forward, bounce heels 4 times, nod ya head, smile and enjoy the moment! :-)

Music download available from iTunes