



Don't Fall (Under The Rhythm)

32 Count 4 Wall Low Intermediate Level Dance.

Choreographed by: Rene Duguay (CAN) & Patrick Lisi (CAN) Sept 2026

Choreographed to: Under The Rhythm by Adam Lambert

Intro: 16 Counts. Start at approx 9 secs.

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SEC 1 DOROTHY STEP, DOROTHY STEP, HEEL SWITCHES, CLAP HANDS

- 1-2& Step RF to R diagonal, lock LF behind RF, step forward on RF
- 3-4& Step LF to L diagonal, lock RF behind LF, step forward on LF
- 5&6 Dig R heel forward, step RF next to LF, dig L heel forward
- &7&8 Step LF next to RF, dig R heel forward, clap hands, clap hands

SEC 2 ROCK, SHUFFLE ½ TURN, ROCK, COASTER CROSS

- 1-2 Rock forward on RF, recover weight on LF
- 3&4 ¼ Turn R stepping RF to R side, step LF next to RF, ¼ turn R stepping RF forward (6:00)
- 5-6 Rock forward on LF, recover weight on RF
- 7&8 Step back on LF, step RF next to L, cross LF over R

Restart Here on Wall 4

SEC 3 BALL CROSS, STEP, SAILOR HEEL, BALL CROSS, STEP, SAILOR ¼ HEEL

- &1-2 Step ball of RF next to LF, cross LF over RF, step RF next to LF
- 3&4 Cross LF behind RF, step RF to R side, dig L heel to L diagonal
- &5-6 Step ball of LF next to RF, cross RF over LF, step LF next to RF
- 7&8 Cross RF behind LF, ¼ turn R stepping LF next to RF, dig R heel to R diagonal (9:00)

SEC 4 BALL STEP, STEP, LOCK, STEP, LOCK, STEP, ½ PIVOT TURN, HEEL SWITCHES, BALL STEP

- &1-2 Step ball of RF to R side, step LF forward, lock RF behind LF
- 3&4 Step LF forward, lock RF behind LF, step LF forward
- 5-6 Step RF forward, ½ turn L stepping LF forward (3:00)
- 7&8& Dig R heel forward, step RF next to LF, dig L heel forward, step ball of LF next to RF



Remember to Vote for your favourite dances at www.linedancerweb.com

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