

Fit In Line 4 Life (Special Dance To Rita)

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Count: 48 **Wall:** 4 **Level:** Beginner / Intermediate

Choreographer: Sebastiaan Holtland , (Netherlands) 18-09-2011

Music: Dance For Your Life by Massari (VIP Single 2011)

32 count intro (16 Sec)

Sec 1: [1-8] Rock Fwd R, Recover, Turn 1/4 R, Ball, Rock Fwd L, Recover, 1/2 Turn L, Fwd,

1/4 Turn L, Side, Back Rock, Recover

1-2 Rock Rf forward, recover on Lf (12:00)

&3-4 Turn 1/4 right (3) step Rf beside Lf, rock Lf forward, recover on Rf

5-6 Turn 1/2 left (9) step Lf forward, turn 1/4 left (6) step Rf to the right

7-8 Rock Lf back, recover on Rf (6:00)

Sec 2: [9-16] Kick, Ball, Cross, Side, Touch, Kick, Ball, Cross, Big Side Step, Together (weight change)

1&2 Kick Lf diagonal forward, step Lf back in place beside Rf, cross Rf over Lf (6)

3-4 Step Lf to the left, touch R toe next to Lf

5&6 Kick Rf diagonal forward, step Rf back in place beside Lf, cross Lf over Rf

7-8 Step Rf big to the right, step Lf beside Rf take weight onto Lf (6:00) **Restarts**

Restart Here WALLS 4 / 6 after 16 counts, 1st Restart (Facing 3 o'clock) 2nd Restart (Facing 12 o'clock)

Sec 3: [17-24] Tap, 1/4 Turn L, Rising Heels, Twist R Heel Up, Turn 1/4 L, Replace, Heel Up, Step, Lock, Lock Step Fwd

1&2 Tap R toe forward, Turn 1/4 left (3) rise heels of the floor, drop both heels to the floor take weight onto both feet

3&4 Twist R heel up to right, replace, turn quick 1/4 left (12) twist L heel up to left holding weight onto Rf

5-6 Step Lf forward, lock Rf behind Lf

7&8 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf (12:00)

Sec 4: [25-32] Cross, 1/4 Turn R, Back, Back, Small Step Fwd, Down Up, Hip Lift, Centre

1-2 Cross Rf over Lf, turn 1/4 right (3) step Lf back

3-4 Step Rf back, step Lf small forward

5-6 Dip body down, coming up weight onto Rf

7-8 Push hips forward while you stretch your left leg, hips back to centre (3:00)

Sec 5: [33-40] Step Lock & Step Lock, 1/4 R, Fwd Rock, Recover, 3/4 Triple L

1,2& Step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward (3)

3,4& Turn 1/4 right (6) Step Rf forward, lock Lf behind Rf, step Rf diagonal forward

5-6 Rock Lf forward, recover on Rf

7&8 Triple 3/4 left (9) stepping Lf forward, step Rf beside Lf, stepping Lf forward

Sec 6: [41-48] Heels Fwd, Back, Together, Point, 1/2 Turn R, Lift, Side Rock, Recover

1-2 Step forward on R heel, Step forward on L heel (9:00)

&3-4 Step Rf back, step Lf next to Rf take weight onto Lf

5-6 Point Rf out to the right, turn 1/2 right on Lf (3) lift R knee up holding weight onto Lf

7-8 Rock Rf to the right, recover on Lf weight onto Lf (3:00)

Start Again, Enjoy!