

Don't Fall (Under the Rhythm)

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Rene Duguay (CAN) & Patrick Lisi (CAN) - September 2026

Music: UNDER THE RHYTHM - Adam Lambert



Intro: 16 counts (approximately 10 seconds) — Start on lyrics.

Restart: On Wall 4, after 16 counts (03:00).

[Section 1]: Dorothy Step R, Dorothy Step L, Heel Switches (R,L,R), 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 twice

[Section 2]: Rock Forward R, Recover L, Shuffle ½ Turn R, Rock Forward L, Recover R, Coaster Cross L

- 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
- 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 (03:00)**

[Section 3]: Ball-Cross R, Step R, Sailor Step L with Heel, Ball-Cross L, Step L, Sailor Step ¼ Turn R with 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

[Section 4]: Ball-Step R, Step L, Lock R, Step L, Lock R, Step L, ½ Pivot Turn L, Heel Switches (R,L), Ball-Step L

- &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
- 7&8& Dig R heel forward, Step RF next to LF, Dig L heel forward, Step ball of LF next to RF

Ending: On Wall 10, the dance ends after 32 counts. In Section 4, on count 6, replace the ½ turn L stepping LF forward with a ¼ turn L stepping LF forward to finish the dance facing 12:00.

Contact: Patrick Lisi (patricklisi06@gmail.com) or Rene Duguay (rene.duguay@live.com)