If It's Over (如果..結束) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Simon Ward (AUS) - 2010年08月
Music: If It's Over - Mariah Carey : (Live CD: MTV Unplugged)

前奏： Start dance on vocals. Weight on right. 唱歌起跳

第一段 Cross, ¼ Turn, ¼ Turn, Rock Fwd Diagonal, Rock ½ Turn, Step Fwd
交叉 左1/4 1/4, 斜角下沉, 回復轉, 前踏

1-3 Cross/step left over right, turn ¼ left stepping back on right, turn ¼ left stepping left to left side
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏

4-6 Rock right into left diagonal (4.30), Rock/recover left back starting to turn ½ turn right, Complete ½ turn stepping forward on right (10.30)
右足左斜角前下沉(面向4:30), 左足回復右轉180度, 右足前踏(面向10:30)

第二段 Full Turn, Fwd Pivot ¼ Turn, Cross, ¼ Turn, 3/8 Turn To Back Wall
轉-轉, 踏 1/4, 交叉 1/4 3/8面向後面牆

&1-3 Make a ½ turn right stepping left slightly back, make a further ½ turn right stepping right slightly forward, Step left forward, Pivot ¼ turn right taking weight onto right (1:30)
右轉180度左足略後踏, 右轉180度右足略前踏, 左足前踏, 右轉90度重心在右足(面向1:30)

4-6 Cross/step left over right, turn ¼ left stepping back on right, turn 3/8 left stepping left to left side (6:00)
左足於右足前交叉踏, 左轉90度右足後踏, 左轉135度左足左踏(面向6點鐘)

第三段 Rock Fwd, Rock Back ½ Turn, Step Right Fwd, Step Left Beside ½ Turn, Right Foot Sweep, Hold 下沉 回復轉 踏, 轉 繞

1-3 Rock/step right forward, rock/recover weight back on left starting to turn ½ right, complete ½ turn right stepping slightly forward on right (12:00)
右足前下沉, 左足回復右轉180度, 右足略前踏(面向12點鐘)

4-6 Turn ½ right stepping left beside right sweeping right to right side, slowly sweep right behind left (6:00)
右轉180度左足併踏, 右足以2拍向後繞 (面向6點鐘)

第四段 Rock Onto Right, Cross/Step, Rock Right, Rock Centre, Cross/Step, ¼ Turn, ¼ Turn 後下沉 回復, 右下沉 回復, 交叉 1/4 1/4

&1-3 Rock right behind left, cross/step left over right, rock/step right to right side, recover weight onto left
右足於左足後下沉, 左足於右足前交叉踏, 右足右下沉, 左足回復

4-6 Cross/step right over left, turn ¼ right stepping back on left, turn ¼ right stepping right to right side (12:00)
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏(面向12點鐘)

第五段 Cross/Rock, Recover, Step To Left, Cross/Rock, Recover, Step Right
交叉下沉 回復 左踏, 交叉下沉 回復 右踏

1-3 Cross/rock left over right, rock/recover weight back on right, step left slightly to left side
左足於右足前交叉下沉, 右足回復, 左足略左踏

4-6 Cross/rock right over left, rock/recover weight back on left, step right slightly to right side
右足於左足前交叉下沉, 左足回復, 右足略右踏

第六段 **Step Left Fwd, Step Right Fwd, Pivot ½ Turn Left, Left Forward, Full Turn Left, Rock/Step Fwd**
踏-踏 轉 踏, 轉 轉 踏

&1-3 Step left slightly forward, step right forward, pivot ½ turn left keeping weight on right, take weight forward onto left (6:00)
左足略前踏, 右足前踏, 左軸轉180度, 左足前踏(面向6點鐘)

4-6 Turn ½ left stepping back on right, turn ½ left stepping forward on left, rock/step right forward (6:00)
左轉180度右足後踏, 左轉180度左足前踏, 右足前踏

第七段 **Rock Left Back, Full Turn Back, Coaster Cross, Rock Left Side**
後踏 轉 轉, 海岸交叉 左踏

1-3 Rock/step left back, turn ½ right stepping forward on right, turn ½ right stepping back on L (6:00)
左足後踏, 右轉180度右足前踏, 右轉180度左足後踏(面向6點鐘)

4&5-6 Step right back, step left beside right, cross/step right over left, rock/step left to left side
右足後踏, 左足併踏, 右足於左足前交叉踏, 左足左踏

第八段 **Rock/Recover, Cross/Step Left Over Right, Coaster Cross, Rock Left Side, Rock/Recover 右, 交叉, 海岸步, 左下沉 回復**

1-2 Rock/recover weight onto right, cross/step left over right
右足右下沉, 左足於右足前交叉下沉

3&4 Step right back, step left beside right, cross/step right over left
右足後踏, 左足併踏, 右足於左足前交叉踏

5-6 Rock/step left to left side, rock/recover weight onto right
左足左下沉, 右足回復