What If I

拍数: 32

墙数:2

编舞者: Rhoda Lai (CAN) - January 2015

音乐: What If I - Meghan Trainor : (iTunes)

级数: Intermediate



Note: Restart on Wall 2, Tag on Wall 5 S1: Lunge R, Side-together-1/L, 3/4 L, Cross R/ Sweep L with 1/2 R, R Back-recover-forward Lunge R to R side, with a low kick of L foot to L side 1 2a3 Step down L, step R beside L, $\frac{1}{4}$ L stepping L forward \Box (9:00) (Optional Turn for 2a3: ¼ L stepping forward L, ½ L stepping back R, ½ L stepping L forward) $\frac{1}{2}$ L stepping back R, $\frac{1}{4}$ L step L to L side while sweeping R to the front \Box (12:00) a4 56 Rock R to L diagonal (10:30), ½ R recovering onto L while sweeping R from front to back (4:30)7a8 Rock back on the ball of R slightly raising L foot, step L in place, step R forward \Box (4:30) S2: (Twinkle Travelling Forward) X 3, R Step-pivot ¼ L, Extended Weave R, R Back Rock 1&a Cross L over R, step R to R diagonal, step L to L diagonal (4:30) 2&a Cross R over L, step L to L diagonal, step R to R diagonal Cross L over R, step R to R diagonal, step L to L diagonal (squaring back to 3:00) 3&a (Travel slightly forward in the above 3 twinkles) 4a Step R forward, pivot 1/4 L Cross R over L, step L to the side, step R behind L, step L to the side 5a6a 7a8 Cross R over L, step L to the side, rock back R \Box (1:30) S3: Diamond-shaped Fwd & Back Basics with 7/8 L, L Fwd/Hitch, R Coaster Step, Pivot ¾ L 1&a Step forward L, 1/8 L stepping R beside L, step L in place (12:00) 2&a 1/8 L stepping back R, 1/8 L stepping L beside R, step R in place (9:00) 3&a 1/8 L stepping L forward, 1/8 L stepping R beside L, step L in place (6:00) 4&a 1/8 L stepping back R, 1/8 L stepping L beside R, step R in place (3:00) 5 Step forward L, hitching R 6a Step back R, step L beside R 78 Step forward R, pivot ¾ L changing weight onto L while drawing R next to L (6:00) ***Restart and Tag here, see below S4: Cross Mambo) X 3, L Cross-Sweep R, Cross R-Unwind Full, Sway R, Sway L 1&a Cross R over L, recover onto R, step R in place 2&a Cross L over R, recover onto L, step L in place 3&a Cross R over L, recover onto R, step R in place 4 Cross L over R, sweeping R to the front 56 Cross R over L, unwind a full turn L (ending weight on L) 78 Sway to the R, Sway to the L (6:00) ***Restart: on Wall 2, restart the dance after S3 facing 12:00 Tag: on Wall 5, dance up to the end of S3, Hold for 2 counts and start the dance again facing 6:00 Contact rhoda_eddie@yahoo.ca - 1(647) 295-3883 - www.laidance.net Last Update - 1st Feb 2015