If You Love Dancin'

级数: Beginner

编舞者: Micaela Svensson Erlandsson (SWE) - August 2016

音乐: Wanna Dance - Nathan Carter

Intro 32 counts. No Tags or Restarts

拍数: 32

Section 1: Heel Grind. Back Rock. Diagonal Forward Shuffle. Diagonal Forward Shuffle .

- Take weight on your right heel and fan toes from left to right. Recover onto left. 1-2
- 3-4 Rock back on right. Recover onto left.
- 5&6 Step forward on right. Close left beside right. Step forward on right. (right diagonal).
- 7&8 Step forward on left. Close right beside left. Step forward on left. (left diagonal).

Styling: Push you arms up twice on the Forward Shuffles (right and left).

Section 2: Step. Kick. Coaster Step. Rock Step. Back Shuffle.

- 1-2 Step forward on right. Kick left forward.
- 3&4 Step back on left. Step right beside left. Step forward on left.
- 5-6 Rock forward on right. Recover onto left.
- 7&8 Step back on right. Close left beside right. Step back on right.

Section 3: Rock Step .Left Kick Ball Change. Heel Switches. Step ½ Turn right.

- 1-2 Rock back on left. Recover onto right.
- 3&4 Kick left forward. Step left in place. Step right in place.
- 5&6& Touch left heel forward. Step left in place. Touch right heel forward. Step right in place
- 7-8 Step forward on left. Turn 1/2 right.

Section 4: Sugar Foot. Stomp. Sugar Foot. Stomp. Rock Step. Jump Back. Hold & Clap.

- 1&2 Touch left toe to instep of right foot Touch left heel to instep of right foot. Stomp left
- 3&4 Touch right toe to instep of left foot Touch right heel to instep of left foot. Stomp right
- 5-6 Rock forward on left. Recover onto right.
- &7-8 Jump Back left. Jump Back right. Hold & Clap.





墙数: 2