

If I Can't Dance (I'll Go Crazy)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: High Beginner
编舞者: Yvonne (Krause) Halsey (USA) - September 2020
音乐: If I Don't Dance - Kelley Hunt



#16 Count Intro - 1 Restart

[1-8] HIP BUMPS RIGHT & LEFT, HIP BUMPS ALTERNATING R, L, R, L

- 1-4 Bump hips twice to the right and twice to the left.
- 5-8 Alternate hip bumps right, left, right, left.

[9-16] ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

- 1-2 Rock forward on right, recover onto left.
- 3&4 Step back on right, step left next to right, step forward on right.
- 5-6 Rock forward on left, recover onto right.
- 7&8 Step back on left, step right next to left, step forward on left.

Restart here during the 5th wall right after the instrumental

[17-24] SIDE TOGETHER, SHUFFLE RIGHT, SHUFFLE LEFT W/ ¼ TURN, SHUFFLE LEFT W/ ¼ TURN

- 1-2 Step right to right side, step left next to right.
- 3&4 Shuffle right stepping right, left, right.
- 5&6 As you make a ¼ turn left shuffle by stepping left, right, left. (9:00)
- 7&8 As you make another ¼ turn left shuffle by stepping right, left, right. (6:00)

[25-32] OUT OUT, IN IN, SWAY RIGHT, LEFT, RIGHT, LEFT

- &1-2 In a "V" pattern, jump forward onto left foot, bring right foot forward and hold.
- &3-4 Jump back onto left, bring right foot next to left and hold.
- 5-8 Sway hips right, left, right, left.

[33-40] SAILOR STEPS R & L, POINT RIGHT, HOLD & POINT LEFT, HOLD &

- 1&2 Cross right behind left, step left to left side, step right in place.
- 3&4 Cross left behind right, step right to right side, step left in place.
- 5-6& Point right to right side and hold, step right next to left.
- 7-8& Point left to left side and hold, step left next to right.

[41-48] ROCK RECOVER, SHUFFLE 1/2, SHUFFLE 1/2, ROCK RECOVER

- 1-2 Rock forward on right, recover onto left.
- 3&4 Shuffle ½ turn right by stepping right, left, right.
- 5&6 Continue to shuffle another ½ turn right by stepping left, right, left.
- 7-8 Rock back on right, recover onto left.

May You Always Dance Like No One Is Watching

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