

If U Understand

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Silvi Laurent (INA) - July 2021
音乐: If You Understand - George Baker Selection



* Tag (4 counts) after wall 2 & 4

* Intro : 40 counts

S1. FORWARD ROCK - TOUCH - DROP - FORWARD ROCK - CHASSE

- 1-2. Step R forward, Recover on L
- 3-4. Touch R beside L, Drop R heel in place with Touch L toe in place
- 5-6. Step L forward, Recover on R
- 7-&-8. Step L to side, Step R together, Step L to side

S2. CROSS ROCK - SIDE - WEAVE - SWEEP - CROSS BEHIND

- 1-2. Cross R over L, Recover on L
- 3-4. Step R to R side, Cross L over R
- 5-6. Step R to side, Cross L behind R
- 7-8 Sweep R from front to back, Cross R behind L

S3. SIDE STEP WITH HIP SWAY LRL - HOLD - BACK CROSS ROCK - SIDE - TOUCH

- 1-2 Step L to side with sway hip to left, Recover on R with sway hip to right
- 3-4. Recover on L with sway hip to left, Hold
- 5-6 Cross R behind L, Recover on L
- 7-8 Step R to side, Touch L to side

S4. TURN 1/4 - FORWARD - PIVOT 1/2 - FORWARD - FORWARD ROCK - COASTER STEP

- 1-2. 1/4 turn L Step L forward, Step R forward
- 3-4 1/2 turn L Step L in place, Step R forward
- 5-6. Step L forward, Recover on R
- 7-&-8. Step L back, Step R back together, Step L forward

*TAG : 4 Counts

SWAY - HOLD (R-L)

- 1-2 Step R to side with sway hip to right, hold
- 3-4. Recover on L with sway hip to left, hold

Enjoy the dance..be happy

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