

拍数: 32 编数: 2 级数: Intermediate

编舞者: Martin Humphrey (UK) - April 2023 音乐: If - Rita Wilson & Tim McGraw



# S1 LUNGE, ¼ TURN, FULL TURN, CROSS ROCK/RECOVER, BEHIND, ROCK/RECOVER, BEHIND, ROCK/RECOVER, STEP TOGETHER

1-2 Lunge/lean to right side, ¼ turn right stepping forward on left (9:00)

&3 ½ turn left stepping back right, ½ turn left stepping forward on left sweeping right out and

forward

4&5 Cross right over left, Rock left to left side, recover on right

&6 Cross left behind right, rock right to right side &7 Step left to left side, cross right behind right

&8& Rock left to left side, recover on right, step left next to right

## S2 STEP FORWARD, PIVOT ½ TURN, ¾ TURN, CROSS ROCK/RECOVER, CROSS, ½ HINGE TURN, CROSS ROCK/RECOVER

1&2 Step forward on right, step forward on left, ½ pivot turn right (3:00)

3&4 Step forward on left, ½ turn left stepping back on right, ¼ turn left stepping left to left side

&5&6 Cross right over left, rock left to left side, recover on right, cross left over right

&7& ½ turn left stepping back on right, ½ turn left stepping left to left side, cross right over left

(12:00)

8& Rock left to left side, recover on right

### S3 WEAVE, BEHIND SIDE FORWARD, STEP FORWARD, ROCK/RECOVER ½ TURN, STEP FORWARD, FULL TURN

1&2 Cross left over right, step right to right side, step left behind right sweeping right out and back

3&4 Step back on right, step left next to right, step forward on right

5 Step forward on left RESTART & STEP CHANGE HERE (see below)

6&7 Rock forward on right, recover back on left, ½ turn right stepping forward on right (6:00)

&8& Step forward on left, ½ turn left stepping back on right, ½ left forward on left

#### S4 SIDE ROCK/RECOVER X 2, WALKS FORWARD, CROSS UNWIND FULL TURN

Rock right to right side, recover on left, step right next to left Rock left to left side, recover on right, step left next to right

5-6 Walk forward on left, walk forward on right

7-8 Cross left over right, unwind a full turn right (6:00)

#### Restart: On wall 2 dance to count 5 of section 3 and add the following, then restart facing 12:00

1-2 Step forward on right, ½ pivot turn left (12:00)

Last Update: 26 May 2025