

If You Let Me Stay

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Chris Cleevely (UK) - May 2025
音乐: If You Let Me Stay - Sananda Maitreya : (Album Classics: Terence Trent D'Arby)



(32 Count intro)

Section 1 (Counts 1 – 8) Walk Forward R/L; Right Forward Mambo; Walk Back L/R; L Coaster Step

- 1 - 2 Walk forward R, walk forward L
- 3 & 4 Rock forward on R, recover weight on L, step back on R
- 5 - 6 Walk back L, walk back R
- 7 & 8 Step back on L, step R beside L, step forward on L

Section 2 (Counts 9 – 16) Point R, Turn 1/4 R, Step; L Rock & Cross; Chasse 1/4 R; Step 1/2 Turn R

- 1 - 2 Point R toe to R side, making 1/4 turn R, step weight on R (3 o'clock)
- 3 & 4 Rock L to L side, recover weight on R, cross L over R
- 5 & 6 Step R to R side, step L beside R, making 1/4 R, step forward on R (6 o'clock)
- 7 - 8 Step forward on L & pivot 1/2 turn R (12 o'clock)

Section 3 (Counts 17 – 24) L Shuffle Forward; Forward Rock, Recover; R Coaster Step; L Kick Ball Step

- 1 & 2 Step forward on L, step R towards L, step forward on L
- 3 - 4 Rock forward on R, recover weight on L
- 5 & 6 Step back on R, step L beside R, step forward on R
- 7 & 8 Kick L forward, step on ball of L, step forward on R

Section 4 (Counts 25 – 32) Step 1/4 Turn R; Cross Shuffle; Step R, Hold, & Rock R, Recover L

- 1 - 2 Step forward on L, pivot 1/4 turn R (3 o'clock)
- 3 & 4 Cross L over R, step R to R side, cross L over R
- 5 - 6 Step R to R side, hold
- & 7 - 8 Step L beside R, rock R to R side, recover weight on L

Email: christinec48@hotmail.com

Youtube: <https://youtu.be/kJV60Y6vnDE>