

If I Don't Fall

COPPER KNOB
STEPPERS

拍数: 40 墙数: 2 级数: Phrased Intermediate
编舞者: Gerard Murphy (CAN) - May 2025
音乐: If I Don't Fall Tonight - Anne Murray : (CD: As I AM)



Dance begins on lyrics

Sequence: A B A C A B A A* (10 counts to 6 o'clock) A ENDING (18 counts of A to end at 12 o'clock)

PART A – 32 COUNTS

[1-8] Side, Behind, Side, Cross, ¼ Turn L, ¼ Turn L, Step Forward Diagonal, Step Forward Diagonal, ½ Pivot R, ½ Turn Step Back, Rock Back, Recover

- 1, 2& Step R long step to R side (1), cross step L behind R (2), step R to R side (&)
- 3, 4& Cross step L over R (3), turn ¼ turn L stepping back on R (4) [9:00], turn ¼ turn L stepping L to L side (&) [6:00]
- 5, 6& Turn body slightly to L diagonal [4:30] and step R forward (5), step L forward toward diagonal (6), pivot ½ turn R onto R (&) [10:30]
- 7, 8& Turn ½ to R and step back on L [4:30], rock R back (8), recover on L (&)

[9-16] Step, ½ Pivot L, Walk, Walk, 1/8 Turn Rock R & Cross, Rock L & Cross

- 1,2 Step R forward (1), pivot ½ turn L onto L (2) [10:30]
- 3,4 Step R forward (slightly over L) (3), Step L forward (slightly over R) (4)
- 5&6 Turn 1/8 to L [9:00] & rock R to R side (5), recover on L (&), step R forward and slightly across L (6)
- 7&8 Rock L to F side (7), recover on R (&), step L forward and slightly across R

[17-24] ¼ Turn L, ¼ Turn L, Cross, Step L, Rock Forward Diagonal, Recover, Side, Cross & Cross, Rock R, Recover

- 1&2 Turn ¼ turn L stepping back on R (1) [6:00], turn ¼ turn L stepping L to L side (&) [3:00], cross step R over L (2)
- 3, 4& Step L long step to L side (3), turn body slightly to L diagonal [1:30] and rock R forward toward L diagonal (4), recover on L (&)
- 5 Turn 1/8 to R [3:00] and step R long step to R side (5)
- 6&7 Cross step L over R (6), step R to R side (&), cross step L over R (7)
- 8& Rock R to R side (8), recover on L (&)

[25-32] Step Forward, ¼ Turn, ¼ Turn, Step Back Sweep, Step Back Sweep, Cross, Side, Cross, Rock R, ¼ Turn, Rock Forward, Recover

- 1, 2& Step R forward (1), turn ¼ to R [6:00] stepping L to L (&), turn ¼ to R stepping back on R [9:00]
- 3 Step back on L while sweeping R clockwise to R
- 4 Step R behind L while sweeping clockwise to L
- 5&6 Cross step L behind R (5), step R to R side (&), cross step L over R (6)
- 7& Rock R to R (7), turn ¼ turn L [6:00] and recover on L
- 8& Cross rock R over L (8), recover on L (&)(turning slightly R to square up to 12 o'clock to start A)

A* = on count 10, rather than stopping at [10:30] continue turning L to square up [6:00]

ENDING on final wall adjust counts 17&18 to finish at 12 o'clock

- 1&2 Turn ¼ turn L stepping back on R (1) [6:00], turn ½ turn L stepping L forward (&) [12:00], step R forward (2)

PART B – 2 COUNTS facing 6 o'clock both times

1,2 Step R long step to R side (1), cross step L behind R (2)

PART C – 8 COUNTS facing 12 o'clock

1, 2& Step R long step to R side (1), cross step L behind R (2), step R to R side (&)

3, 4& Cross step L over R (3), rock R to R side (4), recover on L (&)

5, 6& Cross step R over L (5), step L to L (6), cross step R behind L

7, 8& Turn body slightly to L diagonal [10:30] and step L forward (7), rock R forward toward diagonal (8), recover on L (turning slightly R to square up to 12 o'clock to start A)
