

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

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver east coast swing
编舞者: Michael Weeks (USA) & Betty Weeks (USA)
音乐: If I Don't Dance - Kelley Hunt



CROSS TOUCHES, CROSS, BACK, SIDE, CROSS

- 1-2-3-4 Cross step right in front of left, touch left toe out to left side, cross step left in front of right, touch right toe out to right side,
5-6-7-8 Cross right over in front of left, step back left, step right to side, cross left over right,

CHASSE RIGHT, ROCK BACK LEFT, ¼ TURN RIGHT CHASSE LEFT, ROCK BACK RIGHT

- 1&2-3-4 Step right to right, bring left to meet right, step right to right, step left slightly behind right, replace weight to right,
5&6-7-8 Step left to left while turning ¼ right, bring right to meet left, step left to left, step right slightly behind left, replace weight to left,

SCUFF, SCUFF HOOK, SCUFF, STEP CROSS, SYNCOPATED VINE RIGHT

- 1-2-3&4 Scuff right forward beside left, scuff right in front of left while crossing in front of left, scuff right forward in front of left, step right beside left, cross left over in front of right,
5-6&7-8 Step right to right, cross left behind, step right to right, cross left over in front of right, step right to right,

LEFT CROSS-OVER SPIRAL ½ TURN RIGHT(WEIGHT RIGHT), SIDE STEP LEFT, TOUCH RIGHT, BOOGIE WALK FORWARD (RIGHT, LEFT, RIGHT, LEFT)

- 1-2-3-4 Cross left over right, turn ½ to the right,(weight on right), step left to side, touch right beside left,
5-6-7-8 Step forward right and move knee and hip to right, step forward left and move knee and hip left, step forward right and move knee and hip to right, step forward left and move knee and hip to left,

RIGHT CROSS ROCK, REPLACE, COASTER, LEFT CROSS ROCK, REPLACE, COASTER

- 1-2-3&4 Cross rock right over left, replace to left, step right back, step left together, step right forward,
5-6-7&8 Cross rock left over right, replace to right, step left back, step right together, step left forward,

OUT, OUT, HOLD, KNEE ROLL, KNEE ROLL, KICK-BALL STEP, STEP FORWARD, DRAG FORWARD, KNEE POP

- &1-2-3-4 Step right out to side, step left out to side, hold, roll right knee to right, roll left knee to left,
5&6-7-8 Kick right forward, step right beside left, step left forward, step forward right, drag left to meet right and bend right knee,

REPEAT