

If Only

拍数: 64 墙数: 2 级数:
编舞者: Cherine Stiller (AUS)
音乐: Wild at Heart - Lari White



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|-----|--|
| 1-4 | Touch right toe forward, hold, step right back, hold |
| 5-8 | Touch left toe back, hold, step left forward, hold |
| | |
| 1-2 | Step right forward at 45 degrees right, lock left behind right |
| 3-4 | Step right forward at 45 degrees right, scuff left foot forward |
| 5-6 | Step left forward at 45 degrees left, lock right behind left |
| 7-8 | Step left forward at 45 degrees left, scuff right foot forward |
| | |
| 1-2 | Step right forward, scuff left forward |
| 3-4 | Step left forward, scuff right forward |
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| &1 | Step right forward at 45 degrees right & bump hips forward |
| 2-8 | Bump hips forward, back, back, forward, back, forward, back |
| | |
| 1-2 | Kick right foot forward twice |
| 3-4 | Rock/step right back, rock forward onto left |
| 5-6 | Step right forward, turn ½ turn left transferring weight to left |
| 7-8 | Step right forward at 45 degrees right, step left forward at 45 degrees left |
| | |
| 1-2 | Step right across behind left, step left to left side |
| 3-4 | Stomp right forward at 45 degrees right & lift left foot, hold |
| 5-6 | Step left across behind right, step right to right side |
| 7-8 | Stomp left forward at 45 degrees left & lift right foot, hold |
| | |
| 1-2 | Rock/step right across behind left, rock forward onto left |
| 3-5 | Step right to right side, step left across behind right, step right to right side |
| 6-8 | Step left across in front of right, step right to right side, step left across behind right |
| | |
| 1-2 | Rock/step right to right side, rock/step left to left |
| 3&4 | Step right across in front of left, step left to left & step right across in front of left (cross shuffle) |
| 5-6 | Step left to left while making ¼ turn right, step right forward while making ¼ turn right |
| | |
| 1-2 | Rock/step left forward, rock back onto right |
| 3&4 | Step left back, step right next to left & step left forward (coaster step) |
| 5-6 | Step right forward, pivot turn ½ turn left transferring weight to left |

REPEAT
