If You Ever



拍数: 64 墙数: 4 级数: Intermediate

编舞者: David Ridgard (UK)

音乐: If You Ever Saw Her - Ricky Martin



BASIC MAMBO ROCK, SHUFFLE, ROCK FORWARD 1/2 TRIPLE

Rock forward on to right foot, step left foot in place, bring right foot beside left

Rock back on to left foot, step right in place, bring left foot beside right

5-8 Repeat counts 1-4

9&10 Shuffle forward right, left, right,
11&12 Shuffle forward left, right, left
13-14 Rock forward right, rock back left
15&16 ½ triple right, stepping right, left, right

Optional: on counts 9-12 roll hands in front of body, while leaning back and forward

ROCK AND CROSS STEPS LEFT AND RIGHT, CLICKS, ROCK FORWARD ¾ TRIPLE TURN

Rock left to left side, rock right in place, step left slightly forward across right, click fingers
Rock right to right side, rock left in place, step right slightly forward across left, click fingers

21-22 Rock forward left, rock back right 23&24 34 turn left, stepping left, right, left

ROCK FORWARD, HEEL JACK, OUT, OUT, IN, IN, KNEE POPS

25-26 Rock forward right, rock back left

&27 Step back on right, touch left heel forward&28 Step left to place, touch right next to left

Step right to right side, step left to left side, (end with feet apart,)
Step right to center, step left beside right, (weight ends on left)

& With feet together bend both knees, lifting heels slightly

31 Straighten legs, lowering heels softly

&32 Repeat steps &31

SHUFFLE FORWARD, STEP BACK, SLIDE BUMPS

Shuffle forward right, left, right Shuffle forward left, right, left

37-38 Step back right, slide left back to right

39&40 Bump hips left, right, left 41-48 Repeat steps 33-40

Optional: on counts 33-36 and counts 41-44 roll hands in front of body, while leaning forward and back

KICK BALL CHANGES, 1/4 TURNS LEFT

Kick right foot forward, step right foot in place, step left foot in place
Kick right foot forward, step right in place, step left foot in place
Step right foot forward, ¼ turn left, swaying hips to right
Step right foot forward, ¼ turn left, swaying hips to right

ROCKING CHAIR, ROCK FORWARD, MAMBO ROCK

57-58	Rock forward right, rock weight back on to left
59-60	Rock back right, rock weight forward on to left

61-62 Rock forward right, rock back left

Rock back right, step left in place, bring right foot beside left