

# If This Is How You Act

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 1      级数: Beginner  
编舞者: Maggie Hicks (USA) - August 2010  
音乐: Take It Back - Reba McEntire  
或: If I Could Bottle This Up - Paul Overstreet



Alt. Music: If I Could Bottle This Up by Paul Overstreet (Intro: 4x8)

## Right Start

### SECTION 1

#### SIDE ROCK/RECOVER, KICK, KICK - SIDE ROCK/RECOVER, KICK, KICK

- 1-2      Right side rock/recover (right, left)
- 3-4      Double kick right across left to left diagonal (right right)
- 5-6      Right side rock/recover left (right, left)
- 7-8      Double kick right across left to left diagonal (right, right)

### SECTION 2

#### SHUFFLE FWD, SHUFFLE FWD - PIVOT 1/4, PIVOT 1/4

- 1&2      Step right fwd, step left together, Step right fwd (right, left right)
- 3&4      Step left fwd, step right together,, Step left fwd (left, right, left)
- 5-6      Step right fwd, turn 1/4 left placing weight on left (right, left) (9:00)
- 7-8      Step right fwd, turn 1/4 left placing weight on left (right, left) (6:00)

### SECTION 3

#### HEEL STRUT, HEEL STRUT - STEP FWD, HOLD, 1/2, HOLD

- 1-2      Heel Strut (right, right)
- 3-4      Heel Strut (left, left)
- 5-6      Step fwd, Hold (right, Hold)
- 7-8      Turn 1/2, Hold (left, Hold) (12:00)

### SECTION 4

#### SHUFFLE FWD, SHUFFLE FWD - JAZZ BOX

- 1&2      Shuffle fwd (right, left, right)
- 3&4      Shuffle fwd (left, right, left)
- 5-6-7-8      Cross right over left, step left back, step right to right, step left together (right, left ,right, left)

## BEGIN AGAIN

Music: Dance Will End On 12:00 Wall If You Use – If I Could Bottle This Up

If You Use – Take It Back- As Music Is Winding Down Change Section 2 Counts 5-6-7-8 (The Pivot Turns) To

5-6-7-8      Right Side Rock/Recover Left, Kick Right Diagonal Across Left, Step Right To Right