

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