

If You Need Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) - February 2020
音樂: I'll Be There - Martina McBride : (Album: Timeless)



Intro: 32 counts commence on "chains" (No Tags Or Restarts)

Out, in, heel, hook, heel, close, 2 stomps

- 1-4 Touch right to right, touch right next to left, right heel forward, right heel hook in front of left
- 5-6 Right heel forward, close right to left
- 7-8. Stomp left foot x 2 (without weight)

Out, in, heel, hook, heel, close, 2 stomps

- 1-4. Touch left to left, touch left next to right, left heel forward, hook left in front of right
- 5-6. Left heel forward, close left next to right
- 7-8. Stomp right foot x 2 (without weight)

Lock step forward, scuff, lock step forward, scuff

- 1-4. step forward on right, lock left behind right, step forward on right, scuff left forward
- 5-8. Step forward on left, lock right behind left, step forward on left, scuff right forward

Step, 1/2 turn, step, hold, full turn right (or shuffle forward), hold

- 1-4 Step forward on right, pivot 1/2 turn left, step forward on right, hold
- 5-8. 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right, forward on left, hold

(Alternative steps 5-8 shuffle forward - left, right, left, hold)

Toe, heel, stomp, hold, toe, heel, stomp, hold

- 1-4 Tap right toe next to left with knee turned in, tap right heel with knee turned out, stomp forward on right, hold
- 5-8 Tap left toe next to right with knee turned in, tap left heel with knee turned out, stomp forward on left, hold

Coaster step, hold, triple 3/4 turn left, hold

- 1-4 Back on right, close left to right, forward on right, hold
- 5-8 triple turn on the spot 3/4 left (left, right, left), hold

Extended vine right, rock, recover, cross, hold

- 1-4 Right to right, cross left behind right, right to right, cross left over right
- 5-8. Rock right to right, recover on left, cross right over left, hold

Extended vine left, rock, recover, close, hold

- 1-4 Left to left, cross right behind left, left to left, cross right over left
- 5-8. Rock left to left, recover on right, close left next to right, hold

Ending: wall 5

You will be facing 9 o'clock as you dance the extended vine left - replace 5-8 as follows:

- 5-8 Rock left to left, turn 1/4 right to face 12 o'clock transferring weight to right, forward on left and hold "Taaa Daaa"!