

If This Is It

拍數: 32 牆數: 4 級數: Beginner
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音樂: If This Is It - Huey Lewis & The News



Start: After 32 Count intro

SIDE ROCK CROSS SHUFFLE x2

1-2 Step/rock R to side, recover onto L
3&4 Cross shuffle stepping R, L, R
5-6 Step/rock L to side, recover onto R
7&8 Cross shuffle stepping L, R, L

¼ TURN, ½ TURN, FORWARD SHUFFLE, ROCK FORWARD RECOVER COASTER STEP

9-10 Turn ¼ to left stepping R back, turn ½ to left stepping L forward
11&12 Shuffle forward stepping R, L, R
13-14 Step L forward, recover onto R
15&16 Step L back, step R back next to L, step L forward

ROLLING VINE x2

17-18 Turn ¼ to right stepping R forward, turn ½ to right stepping L back
19-20 Turn ¼ to right stepping R to side, touch L next to R
21-22 Turn ¼ to left stepping L forward, turn ½ to left stepping R back
23-24 Turn ¼ to left stepping L to side, touch R next to L

SIDE TOGETHER BACK SHUFFLE, SIDE TOGETHER FORWARD SHUFFLE

25-26 Step R to side, step L next to R
27&28 Shuffle back stepping R, L, R
29-30 Step L to side, step R next to L
31&32 Shuffle forward stepping L, R, L

REPEAT

OPTION: You can replace one or both of the rolling vines with a normal vine, if you don't want to do too many turns!

Last Update - 7 Mar. 2025 - R1