

# If Only

拍數: 64      牆數: 2      級數:  
編舞者: Cherine Stiller (AUS)  
音樂: Wild at Heart - Lari White



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|-----|--|
| 1-4 | Touch right toe forward, hold, step right back, hold   |
| 5-8 | Touch left toe back, hold, step left forward, hold   |
|     |  |
| 1-2 | Step right forward at 45 degrees right, lock left behind right   |
| 3-4 | Step right forward at 45 degrees right, scuff left foot forward  |
| 5-6 | Step left forward at 45 degrees left, lock right behind left   |
| 7-8 | Step left forward at 45 degrees left, scuff right foot forward   |
|     |  |
| 1-2 | Step right forward, scuff left forward   |
| 3-4 | Step left forward, scuff right forward   |
|     |  |
| &1  | Step right forward at 45 degrees right & bump hips forward   |
| 2-8 | Bump hips forward, back, back, forward, back, forward, back  |
|     |  |
| 1-2 | Kick right foot forward twice  |
| 3-4 | Rock/step right back, rock forward onto left   |
| 5-6 | Step right forward, turn ½ turn left transferring weight to left   |
| 7-8 | Step right forward at 45 degrees right, step left forward at 45 degrees left                               |
|     |  |
| 1-2 | Step right across behind left, step left to left side  |
| 3-4 | Stomp right forward at 45 degrees right & lift left foot, hold   |
| 5-6 | Step left across behind right, step right to right side  |
| 7-8 | Stomp left forward at 45 degrees left & lift right foot, hold  |
|     |  |
| 1-2 | Rock/step right across behind left, rock forward onto left   |
| 3-5 | Step right to right side, step left across behind right, step right to right side                          |
| 6-8 | Step left across in front of right, step right to right side, step left across behind right                |
|     |  |
| 1-2 | Rock/step right to right side, rock/step left to left  |
| 3&4 | Step right across in front of left, step left to left & step right across in front of left (cross shuffle) |
| 5-6 | Step left to left while making ¼ turn right, step right forward while making ¼ turn right                  |
|     |  |
| 1-2 | Rock/step left forward, rock back onto right   |
| 3&4 | Step left back, step right next to left & step left forward (coaster step)                                 |
| 5-6 | Step right forward, pivot turn ½ turn left transferring weight to left                                     |

**REPEAT**

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