

If Only!

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Barry Cook (UK)
音樂: Mrs. Steven Rudy - Mark McGuinn



Sequence: AB, ACCB, AB, AAC, AAAA

SECTION A

2X HEEL SWITCHES, HOOK ¼ TURN LEFT, WEAVE, SCISSOR STEP

- 1&2& Place right heel forward, replace right next to left, place left heel forward, replace left next to right
- 3&4 Step forward on right, hitch left foot behind right knee to make a "4" shape with your legs (making ¼ turn left) step left to left side
- 5&6 Cross right behind left, step left to left side, cross right over left
- 7&8 Step left to left side, step right next to left, cross left over right

½ CHASSES, ROCK & ROCK & TOE TWISTS

- 1&2 Step right to right side (making ¼ turn right), step left together, step forward on right
- 3&4 Step forward on left (making ¼ turn right), step right together, step left to left side
- 5&6& Cross rock right behind left (on the ball of right foot), recover weight back onto left, rock right to right side (on ball of right foot), recover weight back onto left
- 7&8 Point right foot forward, twist heels right, center (keeping weight on left)

COASTER, ROCK, COASTER, SHUFFLE FORWARD

- 1&2 Step back on right, step left next to right, step forward on right
- 3-4 Rock forward on left, recover weight back onto right
- 5&6 Step back on left, step right next to left, step forward on right
- 7&8 Step forward on right, step left next to right, step right forward

½ BALL TURN, CROSSING SHUFFLE, SCISSOR STEP, STEP ¼ STEP

- 1-2 Step forward on left, on ball of left foot make ½ turn to left (while hitching right knee)
- 3&4 Cross right over left, step left to left side, cross right over left
- 5&6 Step left to left side, step right next to left, cross left over right
- 7-8 Step right to right side (making ¼ turn left), step left to left side

SECTION B

2X SHUFFLES, STEP ½ PIVOT

- 1&2 Step forward on right, step left next to right, step forward on right
- 3&4 Step forward on left, step right next to left, step forward on left
- 5-6 Step forward on right, make ½ turn to left (changing weight back onto left foot)

SECTION C

2X SAILOR STEPS

- 1&2 Cross right behind left, step left to left side, step right to left side
- 3&4 Cross left behind right, step right to right side, step left to left side