

If I Had You

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: David Hoyn (AUS) & Mark Shay (AUS) - August 2010
音樂: If I Had You - Adam Lambert : (3:48)



Dance Starts: 32 Count Into. Tempo - FAST!
Original Position: Feet Together, Weight On Left

[1-8] ROCK FWD R, REPLACE, COASTER STEP, ROCK FWD L, REPLACE, COASTER STEP (12:00)

1,2, Rock Fwd on R, Rock back onto L Replacing weight onto L
3&4, Step Back on R, Step L next to R, Step Fwd onto R (Coaster Step)
5, 6, Rock Fwd on L, Rock back onto R Replacing weight onto R
7&8, Step Back onto L, Step R next to L, Step Fwd onto L (Coaster Step)

[9-16] CROSS R, POINT L, CROSS L, POINT R, CROSS R, POINT L, SWEEP L BEHIND R, PIVOT 1/2 TURN ANTI-CLOCKWISE TRANSFERING WEIGHT ONTO L (6:00)

1, 2 Step R over L at 45 Degrees, Point L toe out to L side
3, 4 Step L over R at 45 Degrees, Point R toe out to R side
5, 6 Step R over L at 45 Degrees, Point L toe out to L side
7,8 Sweep L foot Anti-Clockwise and hook it Behind R, Pivot 1/2 turn L facing (6:00) and transfer weight to L

[17-24] 45 DEGREE TO L (4:30) WALK R, WALK L, HITCH R HOPPING FWD, STEP FWD R, ROCK FWD L, ROCK BACK ON R, COASTER STEP L-R-L TO FACE (6:00)

1, 2 At a 45 degree angle to the left (4:30) Walk R, Walk L
&3, 4 Still at (4:30) Hitch R foot Fwd and hop landing on L, Step Fwd on R
5,6 Still at (4:30) Rock Fwd onto L, Replace weight onto R
7&8 Still at (4:30) Step Back onto L, Turn a 1/8 turn Clockwise facing & Bring R next to L, Step Fwd onto L Coaster Step (6:00)

[25-32] ROCK R, ROCK L, R BEHIND, L SIDE, CROSS R IN FRONT, ROCK L, ROCK R, L BEHIND, R SIDE, CROSS L IN FRONT OF R.

1, 2 Step R to R side, Rock back onto L Replacing weight
3&4 Step R Behind L, Step L to L side, Cross R in front of L
5, 6 Step L to L side, Rock back onto R Replacing weight
7&8, Step L Behind R, Step R to R side, Cross L in front of R

[33-40] ROCK R TO R SIDE, ROCK BACK ON L, 1/2 TURN CLOCKWISE AND SHUFFLE FWD (R-L-R), 1/2 TURN CLOCKWISE SHUFFLING BACK L-R-L, ROCK BACK ON R, ROCK FWD ON L (6:00)

33-41 1, 2 Rock R out to R side, Rock back onto L
3&4 Making 1/2 turn R shuffle Fwd R, L, R (12:00)
5&6 Making 1/2 turn R shuffle back L, R, L (6:00)
7, 8 Rock back on R, Rock Fwd on L, (Weight on L)

[41-48] STEP FWD R, PIVOT 1/2 TURN ANTI-CLOCKWISE KICKING L FWD, COASTER STEP L-R-L, R DOROTHY, DOROTHY (12:00)

1, 2 Step Fwd onto R, Pivot on R foot turning a 1/2 turn Anti-Clockwise and kick L foot Fwd (12:00) Weight on R
3&4 Step Back onto L, Bring R next to L, Step Fwd onto L (Coaster Step)
5,6&7,8& Step R foot forward to R Diagonal, Lock L behind R, Step R foot forward and step L foot forward to L Diagonal, Lock R behind L, step L foot fwd.

[49-56] STEP R FWD 45 DEGREES TO R INTO HIP-BUMPS (FWD R, BACK L, FWD R, BACK L), STEP

BACK R (TOE – HEEL), 1/2 TURN ANTI-CLOCKWISE STEPPING L FWD, HOLD (6:00)

- 1, 2 Step Fwd onto R at a 45 degree angle to the R and bump R hip out, Replace weight onto L and bump L hip out
- 3, 4 Replace weight onto R and bump R hip out, Replace weight onto L and bump L hip out
- 5, 6 Keep weight on L, R Strut Back (Touch R toe back, then transfer weight to R)
- 7, 8 Making 1/2 turn L (anti-clockwise) Step Fwd onto L and Hold (6:00)

[57-64] ROCK FWD R, ROCK BACK ON L, 1/4 TURN CLOCKWISE SHUFFLING

- 45 DEGREES R (R-L-R), ROCK FWD L, ROCK BACK ON R, 1 1/4 TURN ANTI- CLOCKWISE TRIPPLE STEP L-R-L (6:00)
- 1, 2 Rock Fwd on R, Rock back onto L Replacing weight onto L
- 3&4 Turn a 1/4 turn Clockwise facing (9:00) and step Fwd at 45 Degrees on R, Bring L next to R, Step Fwd at 45 Degrees on R (Shuffle R-L-R)
- 5, 6 Rock Fwd on L, Rock back on R Replacing weight onto R
- 7&8 Turn a 1/2 turn Anti-Clockwise (3:00) and step Fwd L, Turn a 1/2 turn Anti-Clockwise (9:00) and step R next to L, Turn a 1/4 turn Anti-Clockwise (6:00) and step Fwd L (turning triple step L-R-L)

End of Sequence

Restart on wall 3 after the first 16 counts.
