

If I Were Sorry

拍数: 32 墙数: 2 级数: Improver / Intermediate
编舞者: Anna Oldberg (SWE) - May 2016
音乐: If I Were Sorry - Frans : (Spotify)



Sequence: 32, 32, Tag 1, 32, Tag 2, 32, 16, Tag 1, 32, 32, Tag 1, 32, 32, Tag 2/ending
Intro: 16 counts (the beat before Frans starts singing)

S1) [1 – 8] □ Back, Back, Anchor step, ½, Step, Anchor step □

1, 2, 3&4 Rf step back (1), Lf step back (2), Rf rock back (3), recover on Lf (&), Rf step back (4)
 □12:00
5, 6, 7&8 Turn ½ left stepping Lf forward (5), step Rf forward (6), Lf rock back (7), recover on Rf (&), Lf
 step back and start sweeping Rf from front to back (8) □6:00

S2) [1 – 8&] □ Behind, ¼ turn, Mambo ½ turn, ¾ Spiral, Side Rock, Cross Rock □

1, 2 Rf cross behind Lf (1), turn ¼ left stepping Lf forward (2) □3:00
3&4 Rf rock forward (3), recover on Lf (&), turn ½ right stepping forward on Rf (4) □9:00
5, 6 Cross Lf over Rf (5), ¾ spiral right weight on Lf (6) □6:00
7&8& Rf side rock (7), recover on Lf (&), Rf cross rock (8), recover on Lf (&)

S3) [1 – 8]** □ ¼ turn, Step, Shuffle ½, ¼, ¼, Chassé ¼ □

1,2 Turn ¼ right stepping Rf forward (1), Step Lf forward (2) □9:00
3&4 Turn ½ right stepping Rf forward (3), step Lf next to Rf (&), step Rf forward (4) □3:00
5, 6 Turn ¼ right stepping Lf back (5), turn ¼ right stepping Rf to right side (6) □9:00
7&8 Step Lf to left side (7), step Rf next to Lf (&), turn ¼ left stepping Lf forward (8) □6:00

S4) [1 – 8] □ Scissor step X 2, Syncopated lockstep back, Touch □

1&2, 3&4 Step Rf to right side (1), step Lf next to Rf (&), Cross Rf over Lf (2), step Lf to left side (3),
 step Rf next to Lf (&), cross Lf over Rf (4)
5&6&7&8 Step Rf diagonally back (5), Cross Lf over Rf (&), step Rf diagonally back (6), step Lf
 diagonally back (&), cross Rf over Lf (7), step Lf diagonally back (&), touch Rf next to Lf (8)

TAG 1: □ □

[1 – 8] □ Vine, Cross Rock, Side, Cross Rock □

1, 2, 3, 4 Step Rf to right side, step Lf behind Rf, step Rf to right side, Cross rock Lf over Rf □12:00
5, 6, 7, 8 Recover on Rf, step Lf to left side, cross rock Rf over Lf, recover on Lf

TAG 2: □ □

[1 – 4] □ Vine with cross □

1, 2, 3, 4 Step Rf to right side, step Lf behind Rf, step Rf to right side, Cross Lf over Rf □6:00

Tag 1: After wall 2 facing 12.00, after count 16 on wall 5 facing 6.00, after wall 7 facing 6.00

Tag 2: After wall 3 facing 6.00, after wall 9 with a step change/ending facing 6.00

Ending: Tag 2 with a minor step change, after wall 9; step Rf to the right side, step Lf behind Rf, turn ¼ right stepping forward on the Rf, continue turning another ¼ right with weight on Rf and Lf touch/follow next to Rf
*: Option for steps 1 and 2, section 1: Make a full turn right: turn ½ right stepping forward on Rf, turn ½ right stepping back on Lf

** : Easy option for section 3: Side rock recover, Cross shuffle X2

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