

If You Do

拍数: 64 墙数: 4 级数: Improver
编舞者: Sally Hung (TW) - October 2016
音乐: If You Do (니가 하면) - GOT7



Sequence Of Dance: No Tag, No Restart
Intro: 32 Counts, On Vocals

S1. SIDE ROCK, RECOVER, BACK ROCK, RECOVER, CHASSE R, SIDE, RECOVER

1,2,3,4 Rock R to R side, recover onto L, rock back on R, recover onto L
5&6,7,8 Step R to R side, step L together, step R to R side, step L to L side, recover onto R

S2. BACK ROCK, RECOVER, CHASSE L, JAZZ BOX WITH ¼ TURN R

1,2,3&4 Cross rock L behind R, recover onto R, step L to L side, step R together, step L to L side
5,6,7,8 Cross R over L, make a ¼ turn R stepping back on L, step R to R side, step L fwd

S3. SIDE ROCK R, SIDE ROCK L, BACK ROCK, RECOVER, FWD SHUFFLE

1,2&3,4 Rock R to R side, recover onto L, step R next to L, rock L to L side, recover onto R
5,6,7&8 Rock back on L, recover onto R, step L fwd, step R next to L, step L fwd

S4. BACK SHUFFLE, TRIPLE STEP, BACK SHUFFLE, COASTER STEP

1&2,3&4 Step back on R, step L next to R, step back on R, triple step on LRL in place
5&6,7&8 Step back on R, step L next to R, step back on R, step back on L, step R beside L, step fwd on L

S5. BIG STEP FWD, TOUCH, ¼ TURN R BACK, TOUCH, BIG STEP FWD, TOUCH, BACK, TOUCH

1,2,3,4 Make a big step fwd on R, touch L beside R, make a ¼ turn R stepping L back, touch R beside L
5,6,7,8 Make a big step fwd on R, touch L beside R, step L back, touch R beside L

S6. OUT, OUT, BACK, CLOSE, R SAMBA WHISK, L SAMBA WHISK

1,2,3,4 Step R slightly fwd (out), step L to side (out)(shoulder width), step R back(in), step L together (in)
5&6,7&8 Step R to R, rock L behind R, recover onto R, step L to L, rock R behind L, recover onto L

S7. R VINE, TOUCH, L VINE, TOUCH

1,2,3,4 Step R to R side, step L behind R, step R to R side, touch L beside R
5,6,7,8 Step L to L side, step R behind L, step L to L side, touch R beside L

S8. ROLLING ½ TURN R, POINT, ROLLING ¾ TURN L, TOUCH

1,2,3,4 Make a ½ turn R stepping R fwd, make a ½ turn R stepping L fwd, make a ¼ turn R stepping R fwd, touch L to L side
5,6,7,8 Make a ¼ turn L stepping L fwd, make a ¼ turn L stepping R fwd, make a ¼ turn L stepping L fwd, touch R beside L

HAPPY DANCING!

Contact Sally Hung: hung1125@gmail.com