

If Only

拍数: 32 墙数: 4 级数: Intermediate rolling count
编舞者: Adrian Lefebour (AUS), John Bishop (AUS) & Stephen Paterson (AUS) - January 2018
音乐: If Only - TEEKS : (Album: The Grapefruit Skies EP, iTunes - 3:25)



Start dance after 16 counts

There is one easy Restart on wall 3

[1-8] Side, Behind, Quarter Forward, Step, Half Pivot, Left, Lock, Left Sweep Across, Side, Behind, Rock Side, Recover, Together

- 1 2 a Big step right out to side, step left behind right, turn 1/4 right then step right forward (a) 3.00
- 3 a Step left forward, pivot 1/2 right taking weight onto right in place (a) 9.00
- 4 a 5 Step left forward, lock right up in behind (a), step left forward sweeping right
- 6 a 7 Step right across left, step left out to side (a), step right behind left,
- a 8 a Rock step left out to side (a), recover weight onto right in place, step left beside right (a) 9.00

[9-16] Rock Side, Recover, Three Quarter Together, Rock Forward, recover, Half Forward, Walk, Walk, Walk, Across, Side, Behind

- 1 2 a Rock step right out to side, recover weight onto left in place, turn 3/4 right stepping right beside left (a) 6.00
- 3 4 a Rock step left forward, recover weight back onto right in place, turn 1/2 left then step left forward (a) 12.00
- 5 6 7 Step right forward slightly across, step left forward slightly across, step right forward slightly across
- 8 & a ** Step left across right, step right out to side (&), step left behind right (a) ** 12.00

[17-24] Right Nightclub Basic, Side, Behind, Quarter Forward, Half Back, Sweep Behind, Side, Cross Rock, Recover, Quarter Forward

- 1 2 a Step right out to side, rock step left slightly behind right, recover weight onto right in place (a) 12.00
- 3 4 a Step left out to side, step right behind left, turn 1/4 left then step left forward (a) 9.00
- 5 6 a Turn 1/2 left then step right back sweeping left around, step left behind right, step right out to side (a) 3.00
- 7 8 a Rock step left across right, recover weight onto right in place, turn 1/4 left then step left forward (a) 12.00

[25-32] Forward, Step, Half Pivot, Forward, Three Quarter Turn, Cross and Click, Step and Sway, Recover, Behind, Side Cross

- 1 2 a Step right forward, step left forward, pivot 1/2 right taking weight onto right in place (a), 6.00
- 3 4 a Step left forward, turn 1/2 left then step right back, turn 1/4 left then step left out to side (a) 9.00
- 5 Step right across left whilst clicking fingers on both hands out to side at waist height
- 6 7 Step left out to side swaying hips left, recover weight onto right in place swaying hips right
- 8 & a Step left behind right, step right out to side (&), step left across right (a) 9.00

RESTART: On wall 3 (starts facing 6 o'clock) dance up to count 16&a** then restart to 6 o'clock wall

ENDING: On last wall you will dance up to count 30 (sway left), you'll be facing the back at this point, then recover your weight onto right in place, hinge turn 1/2 left whilst hitching left slightly, big step left out to side, drag the right slowly toward the left.

This is an original dance sheet, feel free to copy without change for distribution

