If I Can't Dance (I'll Go Crazy)

拍数: 48   **墙数:** 2   **级数:** High Beginner

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音乐: If I Don't Dance - Kelley Hunt

#16 Count Intro - 1 Restart

[1-8] HIP BUMPS RIGHT & LEFT, HIP BUMPS ALTERNATING R, L, R, L

1-4	Bump hips twice to the right and twice to the left.
5-8	Alternate hip bumps right, left, right, left.

[9-16] ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

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

Restart here during the 5th wall right after the instrumental

[17-24] SIDE TOGETHER, SHUFFLE RIGHT, SHUFFLE LEFT W/ ¼ TURN, SHUFFLE LEFT W/ ¼ TURN

1-2	Step right to right side, step left next to right.
3&4	Shuffle right stepping right, left, right.
5&6	As you make a ¼ turn left shuffle by stepping left, right, left. (9:00)
7&8	As you make another ¼ turn left shuffle by stepping right, left, right. (6:00)

[25-32] OUT OUT, IN IN, SWAY RIGHT, LEFT, RIGHT, LEFT

&1-2	In a "V" pattern, jump forward onto left foot, bring right foot forward and hold.
&3-4	Jump back onto left, bring right foot next to left and hold.
5-8	Sway hips right, left, right, left.

[33-40] SAILOR STEPS R & L, POINT RIGHT, HOLD & POINT LEFT, HOLD &

1&2	Cross right behind left, step left to left side, step right in place.
3&4	Cross left behind right, step right to right side, step left in place.
5-6&	Point right to right side and hold, step right next to left.
7-8&	Point left to left side and hold, step left next to right.

[41-48] ROCK RECOVER, SHUFFLE 1/2, SHUFFLE 1/2, ROCK RECOVER

1-2	Rock forward on right, recover onto left.
3&4	Shuffle ½ turn right by stepping right, left, right.
5&6	Continue to shuffle another ½ turn right by stepping left, right, left.
7-8	Rock back on right, recover onto left.

May You Always Dance Like No One Is Watching
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