

If I Don't

拍数: 24 墙数: 2 级数: Intermediate - Rolling 8 count
编舞者: Gary O'Reilly (IRE) - June 2024
音乐: If I Don't - Hayley Orrantia : (iTunes, Amazon & Spotify)



#16 count intro

Section 1: SWAY, SWAY, SWEEP, MAMBO 1/2, HITCH, BACK, SIDE ROCK, SWEEP, BEHIND SIDE 1/8

- 1 2 3 Step L to L side swaying to L (1), step R to R side swaying R (2), walk forward on L sweeping R around from back to front (3)
- 4&a5 Rock forward on R (4), recover on L (&), 1/2 R stepping forward on R (a), step forward on L hitching R knee forward (5) (6:00)
- 6&a7 Step back on R (6), rock L to L side (&), recover on R (a), step back on L sweeping R around from front to back (7)
- 8 & a Cross R behind L (8), step L to L side (&), 1/8 L stepping forward on R (a) (4:30) *RESTART (Wall 3 & 6)

Section 2: WALK/KICK, BACK, 1/8, 1/4, WALK/Drag, WALK, STEP, PIVOT 1/2, WALK/Drag, HITCH, HOOK, HITCH 1/4

- 1 Walk forward on L low kicking R forward (1)
- 2 & a Step back on R (2), 1/8 R stepping back on L (&), 1/4 R stepping forward on R (a) (9:00)
- 3 Walk forward on L dragging R to meet L (3)
- 4&a5 Walk forward on R (4), step forward on L (&), pivot 1/2 R (a), walk forward on L dragging R to meet L (5) (3:00)
- 6 7 Step R forward toward L diagonal hitching L (1:30) (6), step back on L hooking R across L (7) (1:30)
- 8 Step forward on R hitching L up to make 1/4 turn R on ball of R (8) (4:30)

Section 3: FWD, POINT, HOLD, BACK, POINT, HOLD, STEP/SWEEP, CROSS BACK 1/8 CROSS, SIDE, BEHIND, LUNGE, 1/4, 1/2

- 1 & a Step forward on L (1), point R to R side (&), HOLD (a)
- 2 & a Step back on R (2), point L to L side (&), HOLD (a)
- 3 Step forward on L sweeping R around from back to front (3)
- 4&a5 Cross R over L (4), step back on L (&), 1/8 R stepping R to R side (a), cross L over R (5) (6:00)
- a 6 Step R to R side (a), cross L behind R (6)
- 7 8 a Long lunge R out to R side (7), recover on L making 1/4 L (8), 1/2 L stepping slightly back on R (a) (9:00)

*at the end of each wall make an extra 1/4 turn L to start dancing again into your sway L

*RESTART

After counts "8&" of wall 3 facing (6:00) & wall 6 facing (12:00): cross R over L on count "a", then restart the dance from the beginning.

**TAG

At the end of wall 7, add the following 2 count tag:

SWAY, SWAY

- 1 2 Step L to L side swaying to L (1), step R to R side swaying R (2)

Then restart the dance from the beginning.

Ending: Dance up-to count 8 of wall 9 (3:00) and add: 1/4 L stepping R to R side to end facing (12:00).

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