

If You Understand

拍数: 32 墙数: 4 级数: Beginner
编舞者: Imam Wahyudi (INA) - January 2025
音乐: If You Understand - George Baker Selection



Start on vocals, intro 40 counts

****2X Tag after wall 2 facing (6:00) & after wall 4 facing (12:00) TAG. SIDE-TOUCH 2X, WITH CLAP 1X**

SEC.I - SIDE, CLOSE, RIGHT CHASSE 1/4 TURN RIGHT, PIVOT 3/4 TURN RIGHT WITH LEFT CHASSE

- 1- Step RF to Right side
- 2- Close LF beside RF with LF slide
- 3- Step RF to Right side
- &- Step LF together
- 4- Step 1/4 turn Right stepping RF fwd
- 5- Step LF fwd
- 6- Pivot 1/2 turn Right transferring weight on RF
- 7- Turn 1/4 Right step LF to Left side
- &- Step RF together
- 8- Step LF to Left side

SEC.II - BACK ROCK, TRIPLE 1/2 TURN LEFT, BACK ROCK, SHUFFLE FWD (Opt: LOCK SHUFFLE)

- 1- Step RF back
- 2- Recover on LF
- 3- Make a 1/2 turn Left stepping RF back
- &- Step LF next to RF
- 4- Step RF back
- 5- Step LF back
- 6- Recover on RF
- 7- Step LF fwd
- &- Step RF next to LF
- 8- Step LF fwd

Option: (7&8 Lock shuffle fwd)

SEC.III - HIP SWAYS, KICK-BALL-CROSS 2X

- 1- Step RF slightly to Right swaying hips Right
- 2- Sway hips Left angle Right diagonal
- 3- Kick RF fwd Right diagonal
- &- Ball step RF next to LF
- 4- Cross LF over RF
- 5- Step RF slightly to Right swaying hips Right
- 6- Sway hips Left angle Right diagonal
- 7- Kick RF fwd Right diagonal
- &- Ball step RF next to LF
- 8- Cross LF over RF

SEC.IV - SIDE ROCK 1/4 TURN LEFT, SHUFFLE FWD, ROCK STEP, COASTER CROSS

- 1- Step RF to Right side
- 2- Recover on LF with 1/4 turn Left
- 3- Step RF fwd
- &- Step LF next to RF
- 4- Step RF fwd

Option: 3&4 (Lock shuffle fwd)

- 5- Step LF fwd
- 6- Recover on RF
- 7- Step LF back
- &- Step RF next to LF
- 8- Cross LF over RF

Begin again, enjoy & have fun!

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