

Only If

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Angie Shirley (UK)
音乐: Only If - Enya



FULL TURN, SHUFFLE, ROCKS, TRIPLE TURN

1-4 Make one full turn forward, stepping left, right, shuffle forward left, right, left
5-8 Rock forward onto right, recover weight to left, making ½ turn right shuffle forward right, left, right

FULL TURN, SHUFFLE, ROCKS, TRIPLE TURN

9-12 Make one full turn forward, stepping left, right, shuffle forward left, right, left
13-16 Rock forward onto right, recover weight to left, making ½ turn right shuffle forward right, left, right

ROCKS, TURNS, CROSS SHUFFLE, ROCKS

17-20 Rock forward onto left, recover weight to right, step left foot ¼ turn left & on ball of foot make a ½ turn left, step right foot to right side
21-24 Cross-step left foot over right, step right foot to right side, cross-step left foot over right, rock right out to right side, rock in place left

CROSS UNWIND, CROSS, UNWIND, CROSS SHUFFLE, ROCK STEPS

25-28 Cross step right over left, unwind ½ turn over left shoulder, cross step left over right, unwind ½ turn over right shoulder
29-32 Cross step right over left, step left foot to left side, cross step right over left, rock out to left on left foot, rock in place on right

SHUFFLES, ROCKS, POINT, PIVOT

33-36 Shuffle forward left, right, left, shuffle forward right, left, right
37-40 Rock forward onto left foot, rock in place right, point left toe back, pivot ½ turn over left shoulder

SHUFFLES, ROCKS, POINT, PIVOT

41-44 Shuffle forward right, left, right, shuffle forward left, right, left
45-48 Rock forward onto right foot, rock in place left, point right toe back, pivot ½ turn over right shoulder

REPEAT
