

Is This Love?

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK)
音乐: If This Is Love - Deana Carter



STOMP, STOMP, KICK, KICK, COASTER STEP, HOLD AND CLAP

- 1-2 Stomp right foot twice without weight
3-4 Kick right foot forward twice
5-8 Step back on right foot, close left foot to right foot, step forward on right, hold and clap

STOMP, STOMP, KICK, KICK, COASTER STEP, HOLD AND CLAP

- 9-10 Stomp left foot twice without weight
11-12 Kick left foot forward twice
13-16 Step back on left foot, close right foot to left foot, step forward on left, hold and clap

HEEL GRIND, BEHIND, SIDE, HEEL GRIND, BEHIND, SIDE

- 17-18 Cross right over left and place weight onto right heel (toe pointed to the left), grind the heel into the floor and swivel the right toe to the right and step left foot to left side
19-20 Cross right foot behind left foot, step left foot to left side
21-24 Repeat steps 17 - 20

ROCK FORWARD, ROCK BACK, HEEL JACK, TOGETHER, JUMP APART, JUMP ACROSS, UNWIND, HOLD

- 25-26 Rock forward onto right foot, rock back onto left foot
27-28 Jump back onto right foot and touch left heel forward, jump both feet together
29-32 Jump both feet apart, jump both feet in so that right foot is crossed over left foot, unwind ½ turn to left, hold

STOMP, SWIVEL TO RIGHT - TOE, HEEL, TOE. STOMP, SWIVEL TO LEFT - TOE, HEEL, TOE

- 33-36 Stomp right foot next to left turning the right toe in, swivel right foot only to the right - toe, heel, toe and transfer weight to right foot
37-40 Repeat 31 - 34 with the left foot (transfer weight to left foot on step 40)

WEAVE LEFT, ¼ TURN LEFT, STOMP RIGHT, CLAP, CLAP, STOMP

- 41-44 Cross right foot over left foot, step left foot to left side, cross right foot behind left foot, turn ¼ to left and step forward on left foot
45-48 Stomp right foot next to left (with weight), clap hands twice, stomp left next to right (without weight)

HEEL, HOLD, SWITCH, HEEL, HOLD, SWITCH, TURNING ½ LEFT - HEEL, SWITCH, HEEL, SWITCH, HEEL, SWITCH, HEEL, SWITCH

- 49-52& Touch left heel forward, hold, close left foot to right foot, touch right heel forward, hold, close right foot to left foot

Turn ½ turn to left over the next 4 beats

- 53& Touch left heel forward, close left foot to right foot
54& Touch right heel forward, close right foot to left foot
55& Touch left heel forward, close left foot to right foot
56& Touch right heel forward, close right foot next to left foot

STEP DIAGONALLY FORWARD, HOLD AND SNAP FINGERS, CLOSE, STEP DIAGONALLY FORWARD, HOLD AND SNAP FINGERS

- 57-60 Step left foot diagonally forward (angle body slightly to right), hold and snap fingers, close right foot the left foot, step left foot diagonally forward, hold and snap fingers

61-64 Repeat steps 57 - 60 stepping diagonally forward with the right foot (angle body slightly to left)
& Close left foot to right foot with weight

REPEAT

TAG

After the 5th sequence add two extra stomps with left foot immediately after the first 8 beats, then continue as normal from count 9 (i.e. Stomp, stomp, kick, kick etc).
