

# If I Don't Dance

拍数: 48                      墙数: 4                      级数:  
编舞者: Sofie Johnson (UK)  
音乐: If I Don't Dance - Kelley Hunt



## WALKS FORWARD, SAILOR STEP, CROSS BEHIND UNWIND ½ TURN RIGHT

1-2                      Walk forward right, left  
3&4                      Step right foot behind left, step left to left side, step right in place  
5&6                      Step left foot behind right, step right to right side, step left in place  
7-8                      Cross right foot behind left, unwind a half turn right (taking weight onto the left foot)

## STEP RIGHT, POINT, CHASSE LEFT WITH ¼ TURN, STEP ½ PIVOT, SHUFFLE ½ TURN

1-2                      Step right to right side, point left toe diagonally forward over right  
3&4                      Step left to left side, step right next to left, step onto left making a ¼ turn left  
5-6                      Step forward on right foot, pivot a ½ turn left  
7&8                      Triple ½ turn left, stepping - right, left, right

## CROSS WALKS BACK, TOUCH, RIGHT SHUFFLE, RONDE LEFT MAKING A ½ TURN RIGHT

1-2                      Step left foot back slightly behind right, step right foot back slightly behind left  
3-4                      Step left foot back slightly behind right, touch right toe in-front of left foot  
5&6                      Step forward on right foot, close left next to right, step forward on right  
7-8                      Sweep left foot round to the front while making a ½ turn right on ball of right foot

## STOMP LEFT, HOLD, RIGHT SAILOR WITH A TOUCH, PADDLE TURNS RIGHT

1-2                      Stomp left foot to left side, hold for one count  
3&4                      Step right foot behind left, step left to left side, touch right foot next to left  
5                          Step right to right side with toes pointing outwards, starting turn right  
&                          Rock left to left side and slightly back (diagonal) on ball of left  
6                          Lift right and step in place turning toes out again, continuing turn right  
&                          Rock left to left side and slightly back (diagonal) on ball of left  
7&8                      Repeat steps 5 & 6 to complete a full turn right.

Counts 5-8 you should have completed a full turn right with weight ending on the right foot.

## STEP LEFT, ROCK FORWARD RIGHT, CHASSE RIGHT, CROSS UNWIND FULL TURN RIGHT, STEP TOGETHER

1-2                      Step left foot to left side, rock forward onto right foot (slightly diagonally to the left)  
3                          Rock back onto the left foot  
4&5                      Step right to right side, step left next to right, step right to right side  
6-7                      Cross left foot over right foot, unwind a full turn right (weight ends on right foot)  
8&                          Step left foot to left side, step right next to left

## STOMP, HOLD, SAILOR ½ TURN, ROCK AND CROSS, WALKS FORWARD TWICE

1-2                      Stomp left foot out to left side, hold for one count  
3&4                      Step right foot behind left, make a ½ turn right on ball of right foot stepping onto the left foot, step right next to left (taking weight)  
5&6                      Rock the left foot to the left side, rock onto the right foot, cross left foot over right  
7-8                      Walk forward right, left

## REPEAT