

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