

If Only

拍数: 64 墙数: 2 级数:
编舞者: Cherine Stiller (AUS)
音乐: Wild at Heart - Lari White



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- 1-4 Touch right toe forward, hold, step right back, hold
5-8 Touch left toe back, hold, step left forward, hold
- 1-2 Step right forward at 45 degrees right, lock left behind right
3-4 Step right forward at 45 degrees right, scuff left foot forward
5-6 Step left forward at 45 degrees left, lock right behind left
7-8 Step left forward at 45 degrees left, scuff right foot forward
- 1-2 Step right forward, scuff left forward
3-4 Step left forward, scuff right forward
- &1 Step right forward at 45 degrees right & bump hips forward
2-8 Bump hips forward, back, back, forward, back, forward, back
- 1-2 Kick right foot forward twice
3-4 Rock/step right back, rock forward onto left
5-6 Step right forward, turn ½ turn left transferring weight to left
7-8 Step right forward at 45 degrees right, step left forward at 45 degrees left
- 1-2 Step right across behind left, step left to left side
3-4 Stomp right forward at 45 degrees right & lift left foot, hold
5-6 Step left across behind right, step right to right side
7-8 Stomp left forward at 45 degrees left & lift right foot, hold
- 1-2 Rock/step right across behind left, rock forward onto left
3-5 Step right to right side, step left across behind right, step right to right side
6-8 Step left across in front of right, step right to right side, step left across behind right
- 1-2 Rock/step right to right side, rock/step left to left
3&4 Step right across in front of left, step left to left & step right across in front of left (cross shuffle)
5-6 Step left to left while making ¼ turn right, step right forward while making ¼ turn right
- 1-2 Rock/step left forward, rock back onto right
3&4 Step left back, step right next to left & step left forward (coaster step)
5-6 Step right forward, pivot turn ½ turn left transferring weight to left

REPEAT
