

If Only..

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Anne Harris (UK)
音乐: If She Only Knew - Kevin Sharp



STEP; PIVOT; ½ TURN SHUFFLE; ROCK; RECOVER; FORWARD SHUFFLE

- 1 Left foot step forward
- 2 Pivot ½ turn right (weight on right)
- 3&4 Stepping left, right, left make ½ turn right
- 5 Right foot rock back
- 6 Recover weight forward on to left foot
- 7&8 Right forward shuffle (right forward, left close to right, right forward)

ROCK; RECOVER; ROCK; RECOVER; STEP; PIVOT ¼ TURN; CROSS SHUFFLE

- 1 Rock forward on to left foot
- 2 Recover weight back on to right foot
- 3 Rock back on to left foot
- 4 Recover weight forward on to right foot
- 5 Left foot step forward
- 6 Pivot ¼ turn right (weight on right)
- 7&8 Left cross shuffle (left over right, right step right, left over right)

STEP; PIVOT; ½ TURN SHUFFLE; ROCK; RECOVER; FORWARD SHUFFLE

- 1 Right foot step forward
- 2 Pivot ½ turn left (weight on left)
- 3&4 Stepping right, left, right make ½ turn left
- 5 Left foot rock back
- 6 Recover weight forward on to right foot
- 7&8 Left forward shuffle (left forward, right close to left, left forward)

ROCK; RECOVER; ROCK; RECOVER; STEP; PIVOT ¼ TURN; CROSS SHUFFLE

- 1 Rock forward on to right foot
- 2 Recover weight back on to left foot
- 3 Rock back on to right foot
- 4 Recover weight forward on to left
- 5 Right foot step forward
- 6 Pivot ¼ turn left (weight on left)
- 7&8 Right cross shuffle (right over left, left step left, right over left)

SIDE; HOLD; & SIDE; TOUCH; GRAPEVINE RIGHT WITH FULL TURN

- 1-2 Left foot step to left side, hold
- & Close right foot beside left
- 3 Left foot step to left side
- 4 Right foot touch beside left
- 5 Right foot step to right side making ¼ turn right
- 6 Left foot step forward making ¼ turn right
- 7 Pivoting on left foot step right to right making ½ turn right
- 8 Scuff left foot beside right

ROCK; RECOVER; TOE BACK; PIVOT ½ TURN; FORWARD SHUFFLE; STEP; TOUCH

- 1 Rock forward on to left foot

- 2 Recover weight back on to right foot
- 3 Place left toe back
- 4 Pivot ½ turn left stepping weight on to left
- 5&6 Right forward shuffle (right forward, left close to right, right forward)
- 7 Left foot step forward on left diagonal
- 8 Touch right toes beside left foot

SIDE; HOLD; & SIDE; TOUCH; SIDE; HOLD; & SIDE WITH ¼ TURN; TOUCH

- 1 Right foot step to right side
- 2 Hold
- & Close left foot beside right
- 3 Right foot step to right side
- 4 Left foot touch beside right
- 5 Left foot step to left side
- 6 Hold
- & Close right foot beside left
- 7 Left foot step to left side making ¼ turn left
- 8 Right foot touch beside left

GRAPEVINE RIGHT; SIDE; BEHIND; HEEL; & CROSS

- 1-4 Grapevine right ending with touch (right to right, left cross behind right, right to right, left touch beside right)
- 5 Left foot step to left side
- 6 Right foot cross behind left
- 7 Left heel touch forward
- & Step on to left foot
- 8 Right foot cross over left foot

REPEAT

TAG

When using "If She Only Knew" by Kevin Sharp, on the chorus (walls 3 & 5) dance the first 32 counts then add the following 4 counts

- 1 Left step to left side
 - 2 Right touch beside left
 - 3 Right step to right side
 - 4 Left touch beside right before starting the dance at the beginning again
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