

If Only I Could

拍数: 64 墙数: 4 级数: Intermediate nightclub
编舞者: Dougie D (UK)
音乐: If Only I Could - Sidney Youngblood



FIGURE OF EIGHT

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right to right side, turn $\frac{1}{4}$ turn right and step left forward (3:00)
- 5-6 Turn $\frac{1}{4}$ right and cross right behind left, step left to left side (6:00)
- 7-8 Turn $\frac{1}{4}$ turn left and step right forward, turn $\frac{1}{2}$ turn left (weight to left) (9:00)

SHUFFLE FORWARD, $\frac{1}{2}$ TURN, SHUFFLE FORWARD, $\frac{1}{4}$ TURN

- 1&2 Shuffle forward stepping right, left, right
- 3-4 Step forward on left, turn $\frac{1}{2}$ turn right (weight to right)
- 5&6 Shuffle forward stepping left, right, left
- 7-8 Step right to right side, turn $\frac{1}{4}$ turn left (weight to left)

KICK BALL CHANGE TWICE, SWAY RIGHT, SWAY LEFT, KICK BALL CHANGE

- 1&2 Kick right forward, step right beside left, step left in place
- 3&4 Repeat 1&2
- 5-6 Sway to right side, sway to left side

A little hip action here

- 7&8 Kick right forward, step right beside left, step left in place

CROSS STEP, $\frac{1}{4}$ TURN, SAILOR STEP, CROSS $\frac{1}{4}$ TURN SAILOR STEP

- 1-2 Cross right over left, turn $\frac{1}{4}$ turn right and step left beside right
- 3&4 Cross right behind left, step left beside right, step right in place
- 5-6 Cross left over right, turn $\frac{1}{4}$ turn left and step right beside left
- 7&8 Cross left behind right, step right beside left, step left in place

STEP $\frac{1}{2}$ TURN, SHUFFLE $\frac{1}{2}$ TURN, BACK ROCK, SHUFFLE $\frac{1}{2}$ TURN

- 1-2 Step right forward, turn $\frac{1}{2}$ turn left (weight to left)
- 3&4 Shuffle and turn $\frac{1}{2}$ left stepping right, left, right
- 5-6 Rock left back, recover on right
- 7&8 Shuffle and turn $\frac{1}{2}$ right stepping left, right, left

SAILOR STEPS TWICE, $\frac{1}{4}$ TURN LEFT, KICK BALL CHANGE

- 1&2 Cross right behind left, step left beside right, step right in place
- 3&4 Cross left behind right, step right beside left, step left in place
- 5-6 Step right to right side, turn $\frac{1}{4}$ turn left (weight to left)
- 7&8 Kick right forward, step right beside left, step left in place

ROCK AND COASTER STEP TWICE

- 1-2 Rock right forward, recover on left
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Rock left forward, recover on right
- 7&8 Step left back, step right beside left, step left forward

SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK, BACK SHUFFLE

- 1-2 Rock right to right side, recover on left
- 3&4 Cross shuffle to left stepping right, left, right

5-6 Rock left forward, recover on right
7&8 Shuffle back stepping left, right, left

REPEAT
