

# 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**

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