

If You Only Knew

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Maureen Ash
音乐: If You Only Knew - The Mavericks



SIDE ROCK SAILOR STEP, ¼ TURN SHUFFLE FORWARD

1-2 Rock right to right side, step left in place
3-4 Cross right behind left, rock left to left side
5-6 Step right in place, cross left behind right
7-8 Turn ¼ right shuffle forward right, left, right

½ TURN, SHUFFLE, ¾ turn

1-2-3-4 Step left forward ½ turn right with knees slightly bent
5-6 Shuffle forward: left, right, left
7-8 Turn ½ turn left, step back on right, Turn ¼ turn left step left to left side

ROCK, RECOVER, HOLD ROCK, RECOVER, HOLD

1-2 Rock right across left rock back onto left
3-4 Step right back in place, hold
5-6 Rock left across right, Rock back onto right
7-8 Step left back in place, hold

HITCH, JUMP, STEP, HOLD, HIPS LEFT-RIGHT-LEFT, HOLD

1-2 Brush right forward and hitch, Jump onto left foot in place
3-4 Step right foot forward slightly hold
5-6 (29, 30) Step left to left side pushing hips left, push hips right
7-8 (31, 32) Push hips left, hold

VINE, HEEL JACKS

1-2 Step right to right, step left behind right
3-4 Step right to right, step left in front of right
5-6-7-8 Heel jack: right-left-right-left

SPRING, SHUFFLE, ½ TURN, SHUFFLE, ½ TURN

&1&2 Spring onto right foot (&), shuffle forward left-right-left
3-4 Step, forward right, turn ½ turn left take weight onto left
5&6 Shuffle forward right, left, right
7-8 Step forward left, turn ½ turn right take weight onto right

JUMP FORWARD - HEEL TAP, STEP BACK, SHUFFLE

&1-2-3-4 Jump forward left, right feet apart alongside of each other (& 1) hold (2, 3) on 4th beat raise and lower right heel while brushing left toe backwards knees bent
5-6 Step back on left, step back on right
7-8 Shuffle forward: left, right, left

BRUSH, TAP, HOLD ¼ TURN, FULL TURN

1-2 Brush right foot forward 45 degrees brush right toe back across left foot
3-4 Tap right toe on floor next to left side of left foot, hold
5-6 Step forward right while turning 45 degrees right, turning ½ turn right step back on left foot
7-8 Turning ½ turn right step forward on right, step left alongside right taking weight onto left

REPEAT

RESTART

On the 3rd and 6th rounds do the first 32 counts only, During these rounds the timing of counts 29-32 are altered to:

29-32 Step left to left side, Push hips left, right, left
