If You're Not

拍数: 48	墙数: 4	级数: Improver

编舞者: Rhian Watkins (UK)

音乐: (If You're Not In It for Love) I'm Outta Here! - Shania Twain

RIGHT AND LEFT KICKBALL TOUCH WITH TOUCHES LEFT AND RIGHT
1&2	Kick right foot forward, step in place with right foot, touch left foot next to right
3-4	Touch left foot out to left side, touch left next to right foot
5&6	Kick left foot forward, step in place with left foot, touch right foot next to left
7-8	Touch right foot out to right side, touch right next to left foot

KICKS AND STEPS FORWARD
1-2	Touch right foot to right side, kick right forward
3-4	Touch right to right side, step forward on right
5-6	Touch left to left side, kick left in front of right
7-8	Touch left to left side, step forward on left

ROCK FORWARD AND BACK SHUFFLE, ROCK BACK AND SHUFFLE FORWARD
1-2	Rock forward on right, step back on left
3&4	Right shuffle back right, left, right
5-6	Rock back on left, step forward on right
7&8	Left shuffle forward on left, right, left

ROCK FORWARD AND CROSS SHUFFLE
1-2	Rock forward on right, rock back onto left making ¼ turn left
3&4	Left crossing shuffle, cross right over left, bring left next to right, step right to left side
5-6	Rock to left on left foot, rock back onto right
7&8	Right crossing shuffle, cross left over right, bring right next to left, step left to right side

ROCK TOGETHER CROSSES
1&2	Rock to right on right foot, step left next to right, cross right over left
3&4	Rock to left on left foot, step right next to left, cross left over right

SIDE ROCKS AND MODIFIED SAILOR STEP
1-2	Rock to right on right foot, rock back onto left
3&4	Step right behind left, step left to left side, step right across left
5-6	Rock to left side on left foot, rock back onto right
7&8	Step left behind right, step right to right side, step left across right

ROCKS FORWARD AND BACK
1-2	Rock forward onto right, rock back onto left
3-4	Rock back onto right, rock forward onto left

REPEAT