

If You Don't Know

拍数: 48 墙数: 4 级数: Improver
编舞者: Pauline Greenwood (AUS) - September 2007
音乐: If You Don't Know Me By Now - Human Nature : (Album: Reach Out The Motown Record)



DANCE STARTS ON THE WORD 'IF' AFTER 24 COUNT INTRO.

(1-6) FORWARD. SWEEP TURN 1/4 L TOUCH SIDE. HOLD HINGE 1/2 R. SWAY R, SWAY L. SWAY R

1,2,3 Step L forward. Sweep R around to turn 1/4 L with R toe pointing to R side. Hold.
4,5,6 Hinge 180 degrees R to rock weight R and sway hips to R side. Rock weight L and sway hips to L side. Rock weight R and sway hips to R side.

(7-12) ACROSS. TURN 1/4 L BACK. SIDE SWAY R. SWAY L. SWAY R

1,2,3 Step L across in front of R. Turn 1/4 L stepping R back. Step L to L side.
4,5,6 Rock weight R and sway hips to R side. Rock weight L and sway hips to L side. Rock weight R and sway hips to R side.

(13-18) ACROSS. TURN 1/4 L BACK. TURN 1/4 L SIDE, SIDE. ROCK. ACROSS

1,2,3 Step L across in front of R. Turn 1/4 L stepping R back. Turn 1/4 stepping L to L side.
4,5,6 Step R to R side. Rock weight onto L. Step R across in front of L.

(19-24) SIDE. DRAG. HOOK, FULL TURN R

1,2,3 Step L to L side. Drag R slowly towards L (for 2 counts) hooking R foot across L knee.
4,5,6 Turn 1/4 R stepping R forward. Turn 1/2 R stepping L back. Turn 1/4 R stepping R to R side.

(25-30) ACROSS TURN 1/4 L TOGETHER. TOGETHER, TURN 1/2 R WALTZ FORWARD

1,2,3 Step L across R turning 1/4 L. Step R beside L. Step L beside R.
4,5,6 Step R forward. Turn 1/2. R stepping L back. Step R beside L.

(31-36) WALTZ BACK, WALTZ FORWARD

1,2,3 Step L back. Step R beside L. Step L beside R.
4,5,6 Step R forward Step L beside R. Step R beside L

(37-42) BACK. SWEEP TURN 1/2 R. TOGETHER, WALTZ FORWARD

1,2,3 Step L back. Sweep R out and around turning 1/2 R. Step weight onto R beside L
4,5,6 Step L forward. Step R beside L. Step L beside R.

(43-48) BACK. TOUCH BEHIND. UNWIND 1/2 TURN L, FULL TURN R WALTZ FORWARD

1,2,3 Step R back. Touch L toe behind R. Unwind 180 degrees L (placing weight on L)
4,5,6 Step R forward. Turn 1/2 R stepping L back. Turn 1/2 R stepping R forward.

REPEAT IN NEW DIRECTION (ANTI-CLOCKWISE)