

If I Were A Boy

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ray Cartwright (UK) - January 2009
音乐: If I Were a Boy - Beyoncé : (Single)



Intro: 32 counts on Vocals.

(1-9) Side, Rock Back Recover, Side, Behind, Side, Back, Unwind, Behind, Sailor ¼ Turn.

1-2&3 Step Lt. to side (1), Rock back on Rt. (2), Recover on Lt. (&), Step Rt. to side (3). 12.00
4&5 Lt. behind Rt. (4), Step Rt. to side (&), Cross Lt. over Rt. (5).
6-7 Unwind full turn right sweeping Rt. from front to back (6), Step back on Rt. (7).
8&1 ¼ turn left crossing Lt. behind Rt. (8), Step Rt. to side (&), Step fwd. on Lt. (1) 9.00

(10-17) Skate, Skate, Mambo Fwd, ½ Turn, ½ Turn, ¼ Turn Side Together Side

2-3 Skate fwd. Rt (2), Skate fwd Lt. (3)
4&5 Rock fwd. on Rt. (4), Recover on Lt. (&), Step back on Rt. (5).
6-7 ½ turn left stepping fwd. on Lt., (6), ½ turn left stepping back on Rt. (7)
8&1 ¼ left stepping Lt. to side (8), Step Rt. together (&), Step Lt. to side (1) 6.00

(18-25) Behind, Side, Cross, Recover, Side, Cross, Hold, Rock, Recover, Walk

2&3 Cross Rt. behind Lt. (2), Step Lt. to side (&), Cross Rt. over Lt. (3).
4&5 Recover on Lt. (4), Step Rt. to side (&), Cross Lt. over Rt. (5).
6&7 Hold (6), Step Rt. to side (&), Cross Lt. over Rt. (7)
8&1 Rock Rt. to side (8), Recover on Lt. (&), Step Rt. fwd in line with Lt. (8)

(26-32) Walk, Walk, ¼ Pivot Cross, ¼ Back, Lock, Back, Side, Together

2-3 Step Lt. fwd in line with Rt. (2), Step Rt. fwd in line with Lt. (3).
4&5 S tep fwd on Lt. (4), ¼ turn right stepping on Rt. (&), Cross Lt. over Rt. (5) 9.00
6&7 ¼ turn left stepping back on Rt. (6), Lock Lt. over Rt. (&), Step back on Rt. (7) 6.00
8& ¼ turn left stepping Lt. to side (8), Step Rt. together (&). 3.00

Start Again

Special thanks to Kay for recommending the music to me.
