

If I Could (I Would Then)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Low Intermediate (Polka)
编舞者: John Warnars (NL) - April 2009
音乐: If I Could - Sunny Sweeney : (CD: Heartbreaker's Hall of Fame)



Counting: 32 to 144 bpm - 16 count intro

STOMP, KICK, COASTER STEP, SHUFFLE, FULL TURN;

1. RF stomp next LF
2. RF kick right forward
3. RF step back
- & LF closes next RF
4. RF step forward
5. LF step forward
- & RF step/close next LF
6. LF step forward
7. RF step with $\frac{1}{2}$ turn left backwards
8. LF step with $\frac{1}{2}$ turn clockwise forwards

SIDE ROCK, RECOVER, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR CROSS;

1. RF step/rock to the right side
2. LF weight back on LF
3. RF step crossed behind LF
- & LF step left side
4. RF step crossed over LF
5. LF step/rock to the left side
6. RF weight back on RF
7. LF step crossed behind RF
- & RF step to right side
8. LF step crossed over RF

TOUCH, TOUCH, CROSS, TOUCH, TOUCH JAZZBOX;

1. RF tap with toes forward
2. RF tap with toes backwards
3. RF step with $\frac{1}{4}$ turn clockwise crossed on LF
4. LF tap with toes to left side
5. LF step crossed over RF
6. RF step back
7. LF step left side
8. RF tap toes next LF

$\frac{1}{4}$ TURN TOE SWITCHES combination with HOOK, SHUFFLE, $\frac{1}{4}$ TURN SIDE SHUFFLE;

1. RF tap toes to right side
- & RF step/close next LF
2. LF tap toes to left side
- & LF step close next RF
3. RF tap toes to right side
4. LF on the ball of LF $\frac{1}{4}$ turn clockwise, and RF hook crossed for LF
5. RF step forward
- & LF step/close next RF
6. RF step forward
7. LF step with $\frac{1}{4}$ turn clockwise left side

- & RF step/close next LF
 - 8. LF step to left side
 - 1. RV restarts... (HAVE FUN & ENJOY IT!!!)
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