

If I Needed You

拍数: 72 墙数: 4 级数: Intermediate
编舞者: Marijke Remkes (NL) - March 2011
音乐: If I Needed You - AuRORA & Ben Steneker



The Dance Start on Voice 'Needed'

[1-8] Right Toe Heel Touch, Cross Step Fwd, Hold, Left Toe Heel Touch, Cross Step Fwd, Hold

1-2-3-4 Touch Toe Beside LF, Touch Heel Beside LF, Cross over Left, Hold
5-6-7-8 Touch Toe Beside RF, Touch Heel Beside RF, Cross over Right, Hold

[9-16] Vine Right with ¼ Turn Right, Hold, Left Step Lock Step Back, Hold

1-2-3-4 Step Right, LF Cross Behind RF, Step ¼ Turn Right, Hold (3)
5-6-7-8 Step Left Back, Lock Before LF, Step Left Back, Hold

[17-24] Right Side Rock, Recover, Step Right Back, Hold, Kick 2x Left Forward, Step ¼ Turn Right, Touch

1-2-3-4 Rock Right Side, Recover on Left, Step Right Back, Hold
5-6-7-8 Kick Left Forward, Kick Left Forward, Step ¼ Turn Right Back, Touch Beside RF (6)

[25-32] Right Cross Rock, Recover, Step Right Side, Close, Run 3 Steps Forward, Hold

1-2 Rock Cross over Left, Recover on Left
3-4 Step Right Side, LF Step Beside RF
5-6-7-8 Run Right Forward, Run Left Forward, Run Left Forward, Hold

[33-36] Left Rocking Chair

1-2-3-4 Rock Left Forward, Recover on Right, Rock Left Back, Recover on Right

[37-44] Left Scissor, Hold, Right Scissor, Hold

1-2-3-4 Step Left Side, Step Beside LF, Cross over Right, Hold
5-6-7-8 Step Right Side, Step Beside RF, Cross over Left, Hold

[45-52] Left Rumba Box, Hold, Jazz Box ¼ Turn Right, Touch

1-2-3-4 Step left Side, RF Step Beside LF, Step Left Forward, Hold
5-6-7-8 Cross over Left, Step Left Back, Step ¼ Turn Right, LF Touch Beside RF (3)

[53-60] Step Diagonal Left Forward, Drag, Step Diagonal Right Forward, Drag, Touch, Step Beside, Touch, Hold

1-2 Step Diagonal Left Forward, RF Drag to LF
3-4 Step Diagonal Right Forward, LF Drag to RF
5-6-7-8 LF Touch Left Side, Step Back on Place, RF Touch Right Side, Hold

[61-68] Right Mambo Forward, Hold, Slow Left Coaster Step, Hold

1-2-3-4 Rock Right Forward, Recover on Left, Step Right Back, Hold
5-6-7-8 Step Left Back, RF Beside LF, Step Left Forward, Hold

[69-72] Sway's: Right-Left-Right-Left

1-2-3-4 Step Right & Sway Right, Sway Left, Sway Right, Sway Left

Start Again: