

If I Don't Dance

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Johnny Two-Step (UK) - April 2011
音乐: If I Don't Dance - Kelley Hunt



ROCK RECOVER, SHUFFLE ½ TURN, ROCK RECOVER, COASTER STEP

1-2 Rock forward on right foot back on left foot
3&4 Shuffle ½ turn right, stepping right, left, right
5-6 Rock forward on left foot, back on right foot
7&8 Step back on left, step right beside left, step left forward

FORWARD RIGHT TOE STRUT, LEFT TOE STRUT, ½ TOE STRUT , ¼ TOE STRUT

1-2 Step forward right toe down heel down
3-4 Forward left toe down heel down
5-6 Make a ½ turn left stepping back on right toe heel
7-8 Make a ¼ turn left stepping left toe heel to left side

STEP LOCK SHUFFLE , STEP ¾ TURN, SIDE SHUFFLE

1-2 Step forward on right foot step left behind right foot
3&4 Shuffle forward right left right
5-6 Step forward on left foot ¾ turn right on right foot
7&8 Side shuffle left stepping left right left

CROSS BEHIND ¼ TURN, SHUFFLE FORWARD, ROCK RECOVER , COASTER STEP

1-2 Step right behind left foot ¼ turn left on left foot
3&4 Shuffle forward right left right
5-6 Rock forward on left foot back on right foot
7&8 Step back on left, step right beside left, step left forward

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