

拍数: 64      墙数: 2      级数: Higher Intermediate  
 编舞者: Esmeralda van de Pol (NL) & Antoinette Claassens (NL) - December 2011  
 音乐: If - Sarah Engels : (Album: Heartbeat)



Intro: 36 counts from the heavy beat

**SIDE, BACK ROCK, RECOVER, SIDE, SAILOR STEP, BEHIND, ¼ TURN R, SHUFFLE FWD**

1-2&      Step Right to right side, rock left behind right, recover on right  
 3-4&5      Step Left to left side, Cross Right behind left, Step Left to Left side, Step Right to right side  
 6&      Step L behind R, ¼ turn Right-step Right fwd  
 7&8      Step Left fwd, Step Right next to Left, Step Left fwd

**FWD ROCK, SHUFFLE ½ TURN R, ½ TURN R X2, MAMBO STEP**

1-2      Rock right fwd, Recover on Left  
 3&4      Shuffle ½ turn Right, R,L,R  
 5-6      ½ Turn Right-stepping back, ½ Turn Right-stepping fwd  
 7&8      Rock Left fwd, Recover on Right, Step Left next to R

**SIDE ROCK & CROSS, SIDE, CROSS, SIDE ROCK & CROSS, SIDE, CROSS**

1-2&      Rock Right fwd, Recover on Left, Step Right over Left  
 3-4      Step Left to left side, Cross Right over Left  
 5-6&      Rock Left to Left side, Recover on Right, Cross Left over Right  
 7-8      Step Right to right side, Cross Left over Right

**ROCK, RECOVER, STEP BACK, ¼ TURN L, STEP FWD, FWD ROCK, COASTER ¼ TURN L**

1-2&      Cross Rock Right fwd, Recover on Left, Step Right back  
 3-4      ¼ turn Left- step Left fwd, Step Right fwd  
 5-6      Rock Left fwd, Recover on Right  
 &7-8      ¼ turn Left-step Left back, Step Right next to Left, Step Left fwd

**DIAGONALLY LOCKSTEPS R&L, ROCK, RECOVER, TOGETHER, BACK, CROSS**

1-2&      Step R diagonale fwd, Step Left behind Right, Step R diagonale fwd  
 3-4&      Step L diagonale fwd, Step Right behind Left, Step L diagonale fwd  
 5-6      Rock Right fwd, Recover on Left  
 &7-8      Step Right next to Left, Step Left back, Step Right Across Left

**STEP BACK, COASTER STEP, STEP ¼ TURN R, CROSS, ¼ TURN, SHUFFLE ¼ TURN L**

1-2&3      Step Left back, Step Right back, Step Left next to Right, Step Right fwd  
 4&5      Step fwd on Left, ¼ turn R-step Right to Right side, Cross Left over Right  
 6      ¼ Turn left-step Right back  
 7&8      ¼ Turn Left-step Left to Left side, Step Right next to Left, Step L to Left side

**FWD STEP, SWEEP CROSS, STAP BACK, STEP BACK, SWEEP CROSS, BACK, ¼ TURN R, STEP ½ TURN R, ¼ TURN R, HIP SWAYS**

1-2&      Step Right fwd, Sweep en Cross Left over Right, Step Right back  
 3-4&      Step Left back, Sweep en Cross Right over Left, Step Left back  
 5-6&      ¼ Turn Right-step Right fwd, Step Left fwd, ½ Turn Right-weight on R  
 7-8&      ¼ Turn Right-step L to L side sway hip, sway to Right side, Sway Hip to Left side-weight on L

**CROSS ROCK, RECOVER, TOGETHER, STEP FWD, STEP ½ TURN L, STEP, FULL TURN, ROCK & CROSS**

1-2&      Cross Rock Right fwd, Recover on Left, Step Right next to Left

3-4&5 Step Left fwd, Step Right fwd, ½ Turn Left-weight on Left, Step Right fwd  
6& ½ Turn right-step Left back, ½ Turn Right-step Right fwd  
7&8 Rock Left to Left side, Recover on Right, Cross Left over right

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