

If I Catch You

拍数: 48 墙数: 4 级数: Phrased High Beginner
编舞者: Mira Dorota Hansen (DK) - November 2012
音乐: Ai Se Eu Te Pego! - Michel Teló



Start on vocal "nossa" . A, B, AA, B, AA, B. A. B.

A: 32 counts

Skate R, skate L, shuffle R forward, skate L, skate R, shuffle L forward

1-2 Skate R to right side, skate L to left side
3&4 Step forward on R, step left together, step forward on R
5-6 Skate L to left side, skate R to right side
7&8 Step forward on L, step right together, step forward on L.

Rock recover, shuffle R back half turn, step L forward half turn right, L shuffle forward

1-2 Rock forward on R, recover on left.
3&4 Step R back, left together right with quarter turn, step right to R with quarter turn
5-6 Step L forward, half turn on R feet to right.
7&8 Step L forward, step R together L, step L forward.

Samba L, samba R, rock recover, shuffle R half turn

1&2 Cross R over left, step L to left side, step R together L
3&4 Cross L over right, step R to right side, step L together R
5-6 Rock forward on R, recover on left
7&8 Step R back, step L together right with quarter turn, step R to right with quarter turn

Step half turn right, shuffle L forward, rocking chair

1-2 Step L forward, weight right feet half turn right
3&4 Step left forward, step right together L, step left forward
5-6 Rock forward on R, recover on left
7-8 Rock back on R, recover on left.

B: 16 counts

Rock R to side right, recover L, Rock R forward, recover L, R coaster step. Repeat left

1& Rock R to right side, recover to left
2& Rock forward on R, recover to left
3&4 R step back and left step together right and R step forward
5& Rock L to left side, recover to right
6& Rock forward on L, recover to right
7&8 Step L back, step right together left, step L forward

Shuffle R, L, forward step half turn step, step forward, right quarter turn step

1&2 Step R forward, step L together right, step R forward.
3&4 Step L forward, step R together left, step L forward
5&6 Step R forward, L feet half turn, step R forward.
7&8 Step L forward, R feet quarter turn, L step to right.

Have fun.

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