

If I Should Lose You

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: If I Should Lose You - James Intveld



Sequence : A A - B B - A A - B B - B B - A A - B B - End
Intro: 16 Counts

PART A – 32 counts

A01 : Jazz Box With Cross Over, Step ¼ Turn Left Back, Rock Back, Recover, Step Fwd

1-2-3-4 RF. cross over LF. – LF. step back – RF. step to the right side – LF. cross over RF.
5-6-7-8 RF. step ¼ turn left back – LF. rock back – Recover weight onto RF. – LF. step forward [09.00]

A02 : Rock Fwd, Recover, Step ½ Turn Right Fwd, Step ¼ Turn Right, Side, Rock Fwd, Recover, Step Left To Left Side

1-2-3-4 RF. rock forward – Recover weight onto LF. – RF. step ½ turn right forward – LF. step ¼ turn right [06.00]
5-6-7-8 RF. step to the right side – LF. rock forward – Recover weight onto RF. – LF. step to the left side

A03 : Side Rock, Recover, Sway (R-L), Big Step Right To Right Side, Drag, Touch, Step ¼ Turn Left Fwd

1-2-3-4 RF. rock to the right side – Recover weight onto LF. – Hips sway (R-L) in two count
5-6-7-8 RF. Big step to the right side – LF. drag to RF. – LF. touch beside RF. – LF. step ¼ turn left forward [03.00]

A04 : Jazz Box With Cross Over, Rock Back, Recover, Cross Over, Pivot ½ Turn Left (weight onto LF)

1-2-3-4 RF. cross over LF. – LF. step back – RF. step to the right side – LF. cross over RF.
5-6-7-8 RF. rock back – Recover weight onto LF. – RF. cross over LF. – RF./LF. pivot ½ turn left and weight onto LF. [09.00]

PART B – 32 counts

B01 : Cross Rock, Recover, Step Right To Right Side, Cross Rock , Recover, Step Left To Left Side, Sway (R-L)

1-2-3-4 RF. rock diagonally left forward – Recover weight onto LF. – RF. slide to the right side – LF. rock diag. right forward
5-6-7-8 Recover weight onto RF. – LF. step to the left side – Hips sway (R-L)

B02 : Step Right To Right Side, Cross, Step ½ Turn Left Back, Rock Back, Recover, Step ½ Turn Right Back, Step ¼ Turn Right, Cross Over

1-2-3-4 RF. step to the right side – LF. cross over RF. – RF. step ½ turn left back – LF. rock back
5-6-7-8 Recover weight onto RF. – LF. step ½ turn right back – RF. step ¼ turn right – LF. cross over RF.

B03 : Step ½ Turn Right Back, Rock Back, Recover, Step Fwd, Step ¼ Turn Left Back, Rock Back, Recover, Step Fwd

1-2-3-4 RF. step ½ turn right back – LF. rock back – Recover weight onto RF. – LF. step forward
5-6-7-8 RF. step ¼ turn left back – LF. rock back – Recover weight onto RF. – LF. step forward

B04 : Jazz Box With Cross Over, Step ¼ Turn Left Back, Step Left To Left Side, Sway (R-L)

1-2-3-4 RF. cross over LF. – LF. step back – RF. step to the right side – LF. cross over RF.
5-6-7-8 RF. step ¼ turn left back – LF. step to the left side – Hips sway (R-L)

Ending : Do the Part B position 3 till the end ,.....

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