

If You Can

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - February 2015
音樂: If You Can - Jolie Holiday



Intro: 32 counts - (The clock notation is the wall you are facing)

Walks (2X), Lock Steps Diagonally Forward, Step ,1/2 Turn L

1-2 Rf step forward, Lf step forward
3&4 Rf step forward to right diagonal, Lf lock behind Rf (&), Rf step forward to right diagonal
5&6 Lf step forward to left diagonal, Rf lock behind Lf (&), Lf step forward to left diagonal
7-8 Rf step forward, make 1/2 turn left stepping Lf forward (6.00)

Step, 1/2 Turn L With Sweep, Sailor Step With 1/4 Turn R , Mambo Forward, 1/4 Turn L With Side Touch

1-2 Rf step forward, make 1/2 turn left sweeping Lf from front to back (12.00)
3&4 Lf cross behind Rf, make 1/4 turn right stepping Rf forward (&) , Lf step forward (3.00)
5&6 Rf rock forward, recover onto Lf (&), Rf step back
7-8 make 1/4 turn left stepping Lf left, Rf touch to right (12.00)

Full Turn R, Chasse R, Diamond Pattern With 1/2 Turn L

1-2 make 1/4 turn right stepping Rf forward, make 1/2 turn left stepping Lf back
3&4 make 1/4 turn right stepping Rf right, Lf step together (&), Rf step right
5&6 Lf cross in front of Rf, Rf step right (&), make 1/8 turn left, stepping Lf back to diagonal (10.30)
7&8 Rf step back to diagonal, make 1/8 turn left stepping Lf left (09.00) (&) , make 1/8 turn left stepping Rf forward (7.30)

Cross, Side, Sailor L With 1/4 Turn L, Mambo Forward R, Back, 1/2 Turn R, Step

1-2 make 1/8 turn left stepping Lf in front of Rf (6.00) , Rf step right
3&4 Lf cross behind Rf, make 1/4 turn left stepping Rf right (&) , Lf step forward (3.00)
5&6 Rf rock forward, recover onto Lf (&), Rf step back
7&8 Lf step back, make 1/2 turn right stepping Rf forward (&) , Lf step forward (9.00)

Enjoy the dance!
