

If It Ain't Broke

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Amy Glass (USA) & Darren Bailey (UK) - September 2016
音樂: If It Ain't Broke - Sonny Cleveland : (3:27)



#32 Count Intro. Dance starts on the lyrics

[1-8] □ Sailor Hips-Hips, Sailor Hips-Hips, Sailor ¼ Turn

1&2 Step LF behind RF, Step RF to R side, Step LF to L side hips circle L
(**for hips: make small counter clockwise hip roll starting from top, bending knees only slightly)
3 Hip circle L [weight R]
4&5 Step LF behind RF, Step RF to R side, Step LF to L side, Hip circle L
6 Hip circle L [weight R]
7&8 Turn ¼ L stepping LF behind RF, Step RF beside L, Step LF forward [9:00]

[9-16] □ Step, Lock Step, Step, Lock Step, Rock Recover, Back, L Coaster Step

12& Step RF forward to R diagonal, Lock LF behind RF, Step RF forward
3&4 Step LF forward to L diagonal, Lock RF behind L, Step LF forward
5-6 Rock RF forward, Recover on LF
&7&8 Step RF back, Step LF back, Step RF next to LF, Step LF forward

[17-24] Step-Pivot ¼ L, Cross Shuffle, Skate L-R, Chasse ¼ L

1-2 Step RF forward, Pivot ¼ L [weight L] [6:00]
3&4 Cross RF over LF, Step LF to L side, Cross RF over LF
5-6 Skate L, Skate R (to sides, moving only slightly forward)
7&8 Step LF to L side, Step RF beside LF, Step LF forward turning ¼ L [3:00]

[25-32] Step Lock Step with ¼ L, Flick, Point, R Sailor, Behind-Unwind

12&3 Step to R diagonal, Step LF behind RF, Step RF to diagonal, ¼ L stepping LF forward [12:00]
&4 Flick RF behind LF, Point RF to R side
5&6 Step RF behind LF, Step LF to L side, Step RF to R side
7-8 Hook LF behind RF, Unwind ¾ L [weight L—feet together] [3:00]

[33-40] Straight-Legged Back Rock-Recover with Arms/Shoulders, L Sailor w/ ¼ R, ¾ L Weave, Kick, Step

1&2 With R knee locked rock back on RF, Recover on LF, Rock back RF
Arms & palms should both be straight forward. Push R shoulder back when rocking back on RF
3&4 Step LF behind RF, Turn ¼ R stepping RF forward, Step LF to L side [6:00]
5&6 Cross RF behind LF, Step LF forward [3:00] Step RF forward [3:00]
&7-8 Turn ½ L on LF while kicking RF, Step RF forward [9:00]

[41-48] Cross Side Behind, Behind Side Cross, Point-&-Point-&, L Scissor

1&2 Begin turning ¼ L crossing LF over RF, Step RF to R side, Step LF back [7:30]
3&4 Complete ¼ L stepping RF behind LF, Step LF to L side, Cross RF over LF [6:00]
5&6& Point L to side, Step LF forward, Point RF to R side, Step RF forward
7&8 Step LF to L side, Close RF next to LF, Cross LF over RF [6:00]

[49-56] Heel-Turn, Touch-Step, R Coaster, Rock Forward, Pivot ¼ L

1&2 Step RF forward (on heel) turning ¾ R, Touch L toe next to RF, Step LF beside RF [3:00]
3&4 Step RF back, Step LF together, Step RF forward
5,6&7 Rock forward L, Recover weight on R, Step LF next to RF, Step RF forward
8& Pivot ¼ L [12:00]

[57-64] Cross, Touch, Step, Heel, Side, Kick, Cross, Side Touch Side, Sailor ½ L

1&2 Cross RF over LF, Tap LF behind RF, Step LF behind RF
&3&4 Tap R heel forward, Step RF to R side, Kick LF forward, Cross LF over RF
5&6 Step RF to R side, Tap LF beside RF, Step LF to L side
7&8 Cross RF behind LF, Turn ¼ L stepping LF forward, Turn ¼ L stepping RF to R side [6:00]

Begin again & have fun!

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