

If I Lose You

拍數: 64 牆數: 2 級數: Improver
編舞者: Rarayanti Marwan (INA) - May 2017
音樂: Como Me Duele Perderte - Gloria Estefan



Intro: 32 counts!

[1 - 8] □ □ RL (SIDE, TOGETHER, SIDE, HOLD)

1 2 Step R side on R, Step L together R
3 4 Step R side on R, Hold
5 6 Step L side on L, Step R together L
7 8 Step L side on L, Hold

[9 - 16] □ FWD DIAG. R HIP BUMP, HOLD, SWAY LR, FWD DIAG. L HIP BUMP, HOLD, SWAY RL

1 2 Step R fwd diagonal and R hip bump, Hold
3 4 Sway on L, Sway on R and R hip bump
5 6 Step L fwd diagonal and L hip bump, Hold
7 8 Sway on R, Sway on L and L hip bump

[17 - 24] □ R FWD MAMBO, HOLD, L BWD MAMBO, HOLD □

1 2 Rock R forward, Recover on L
3 4 Rock R backward, Hold
5 6 Rock L backward, Recover on R
7 8 Rock L forward, Hold

[25 - 32] □ CROSS, SIDE, CROSS, FLICK, ¼ R TURN STEP, LOCK, STEP, FLICK □

1 2 Cross R over L, Side on L
3 4 Cross R over L, flick L and make ¼ R Turn on R ball
5 6 Step L forward, lock R step behind L
7 8 Step forward on L, flick R

*Restart here during wall 2, 4, 6, 9 by flicking R, making ¼ L Turn, and start again

[33 - 40] □ CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FWD, HOLD

1 2 Cross R over L, Side on L
3 4 R behind L, sweep L from front to back
5 6 L behind R, Side on R
7 8 Step forward on L, Hold

[41 - 48] □ FWD, ½ L TURN PIVOT, ¼ L TURN, HOLD, BEHIND, SIDE, FWD, HOLD

1 2 Step forward on R, ½ L turn pivot step on L
3 4 ¼ L Turn side on R, Hold
5 6 Step L behind R, Side on R
7 8 Step forward on L, Hold

[49 - 56] □ ½ L TURN, ½ L TURN, FWD, HOLD, L FWD MAMBO

1 2 ½ L turn stepping back on R, ½ L Turn step forward on L
3 4 Step forward on R, Hold
5 6 Rock L forward, Recover on R
7 8 Rock L backward, Hold

[57 - 64] □ R COASTER STEP, FWD, REC., L COASTER STEP

1 2 Step back on R, Step L backward together R
3 4 Step forward on R, Step forward on L

5 6 Recover on R, Step back on L

7 8 Step R backward together L, Step forward on L

***styling during count (57 – 64)**

Just make a slightly sway of your hips during count 57 until 64. Sway R hip a little to R while you move your R foot, and also slightly sway L hip to L while you move your L foot.

This is the end of the dance, and you may start again. I hope you enjoy the dance!

***Ending is at wall 11, just make a pose on count 53**

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