

If You're Hearing This

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Hiroko Carlsson (AUS) - January 2019
音樂: If You're Hearing This - Hook N Sling, Parson James & Betty Who : (iTunes)



(Intro: 16 counts)

[S1] Dip-Point, 1/8L Fwd, Fwd, Fwd, Kick, Back, Back

1 2 Dip down on both feet shoulder width apart, Recover and point L to left diagonal
3 4 Make a 1/8 turn left stepping forward on L, Step forward on R
5 6 Step forward on L, Kick R forward
7 8 Step back on R, Step back on L (10:30)

[S2] 3/8R Fwd, Sweep, 2x Cross Samba, Fwd Rock, Recover

1 2 Make a 3/8 turn right stepping forward on R, Sweeping L around R
3&4 Cross L over R, Rock/step R to right, Recover weight on L
5&6 Cross R over L, Rock/step L to left, Recover weight on R
7 8 Rock/step forward on L, Recover weight on R (3:00)

[S3] 2x Side Mambo, Shuffle Back, Coaster Step

1&2 Rock/step L to left, Recover weight on R, Step L together
3&4 Rock/step R to right, Recover weight on L, Step R together
5&6 Shuffle back LRL
7&8 Step back on R, Step L next to R, Step forward on R (3:00)

[S4] Step-Pivot 1/4R, Cross Shuffle, Side Rock-Recover-Cross, Dip-Point

1 2 Step forward on L, Make a 1/4 turn right recover weight on R
3&4 Cross L over R, Step R close to L, Cross L over R
5&6 Rock/Step R to right, Recover weight on L, Cross R over L
7 8 Step L to left and dip down, Recover and point R to right diagonal (6:00)

Start Over - No Tags or Restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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