

If You Say So

拍數: 48 牆數: 2 級數: Advanced NC2S
編舞者: Maria Maag (DK) - May 2019
音樂: If You Say So - Lea Michele : (Album: Louder - 4:15)



Intro: 16 counts (14 sec into track)

Tag: After wall 2 (facing 12:00) hold for 2 counts, then restart dance form the beginning

Restart: Wall 5 after 32 counts (facing 6:00), hold on the & count (after 32 counts), then restart dance from the beginning with 3/8 turn L instead of 1/2 turn L.

Ending: After wall 6 (facing 12:00)...The End

[1 – 8] 1/2 L step back R sweep L back, behind side cross sweep R fw, cross 1/4 1/2 R, full turn R, 1/4 R basic L

1-2& 1/2 L stepping down R and sweep L back (1), cross L behind R (2), step R to R (&) 06:00
3-4& Cross L over R and sweep R fw. (3), cross R over L (4), 1/4 R stepping back L (&) 09:00
5-6& 1/2 R stepping down R (5), 1/2 R stepping back L (6), 1/2 R stepping down R (&) 03:00
7-8& 1/4 R stepping L to L (7), close R behind L (8), cross L over R (&) 06:00

[9 – 16] 1/2 diamond L, 3/4 spiral L, run L R L 3/8 L, step 1/4 L,

1-2& Step R to R (1), step L diagonally back R (2), step back R (&) 04:30
3-4& Turn 1/8 L stepping L to L (3), step R diagonally fw. L (4), step fw. L (&) 01:30
5-6& Step fw. R and do a 3/4 spiral turn L on R (5), 1/8 L run fw. L (6), 1/8 L run fw. R (&) 01:30
7-8& 1/8 L run fw. L (7), step fw. R (8), 1/4 L stepping down L (&) 09:00

[17 – 24] Weave 1/4 L, step step 1/2 R, 1/2 R, sailor 3/8 R, 1/2 R x 2

1&2& Cross R over L (1), step L to L (&), cross R behind L (2), 1/4 L stepping down L (&) 06:00
3-4& Step fw. R (3), step fw. L (4), 1/2 R stepping down R (&) 12:00
5-6& 1/2 R down L sweep R back (5), 1/8 R crossing R behind L (6), 1/8 R stepping down (&) 09:00
7-8& 1/8 R Stepping down R (7), 1/2 R stepping back L (8), 1/2 R stepping down R (&) 10:30

[25 – 32] Rock fw. L, rock fw. R 1/2 R, full spin turn R, step step 1/4 R, cross 1/4 L

1-2& Rock L fw. (1), recover R (2), 1/4 L stepping L to L diagonal (&) 07:30
3-4& Rock R fw. (3), recover L (facing 7:30) (4), 1/2 R stepping down R (&) 01:30
5-6& Step L next to R as you do a full spin turn R (5), step fw. R (6), step fw.L (&) 01:30
7-8& 1/4 R stepping down R (7), cross L over R (8), 1/4 L stepping back R (&) 01:30

[33 – 40] Back L back R 1/2 L 1/8 R step, 1/4 R arabesque R, sweep R back 1/4 R, behind side step R fw., step 1/2 R

1-2& Step back L (1), step back R (2), 1/2 L stepping down L (&) 07:30
3-4 1/8 R Stepping down R (3), 1/4 R on R with a R arabesque (lift R arm) (4) 12:00
5-6& Step L to L sweep R 1/4 R (close fist R arm down) (5), cross R behind L (6), step L to L (&) 03:00
7-8& Step fw. R (7), step fw. L (8), 1/2 R stepping down R (&) 09:00

[41 – 48] Step step 1/4 L, weave L lunge L, side rock R recover L, back rock R recover L

1-2& Step fw. L (1), step fw. R (2), 1/4 L stepping down L (&) 06:00
3-4& Cross R over L (3), step L to L (4), cross R behind L (&) 06:00
5-6 Step L to L and bend L knee (5), recover R sliding L next to R (6) 06:00
7-8& Step L to L (7), rock back R (8), recover L (&) 06:00

Enjoy...:-)

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