If I Had Any Pride Left At All

拍數: 32   牆數: 4   級數: Easy Intermediate

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音樂: If I Had Any Pride Left At All - John Berry

Intro: 16 Counts

Sec 1: Side, Behind Cross Rock, Recover, Side, Behind, Side, Cross with a sweep, Cross, 1/4 Turn L, Back Rock, Recover, 1/2 Turn R, Side

1-2&3	RF. Big step to R side - LF. Cross rock behind RF - RF. Recover - LF. Step to L side
4&5	RF. Cross behind LF - LF. Step to L side - RF. Cross over LF and sweep LF from back to front
6&7	LF. Cross over RF - RF. 1/4 Turn L step back - LF. Rock back (9:00)
8&1	RF. Recover - LF. 1/2 Turn R step back - RF. Step to R side (3:00)

Sec 2: Together, Step fwd, Side, Together, Step Back, Step Side Sway Hips R, L R, L, Together, Side

2&3	LF. Step beside RF - RF. Step fwd - LF. Step to L side
4&	RF. Step beside LF - LF. Step back
5-6-7-8	RF. step to R side sway hips to R - Sway hips to L - Sway hips to R - Sway hips to L
&1	RF. Step beside LF - LF. Step to L side **Tag**

Sec 3: Back Rock, Recover, 1/4 Turn L step Back and sweep, Step L Back and sweep, Step R Back and sweep, Coaster Step bwd, Coaster Step fwd

2&3	RF. Rock back - LF. Recover - RF. 1/4 Turn L step back and sweep LF from front to back (12:00)
4-5	LF. Step back and sweep RF from front to back - RF. Step back and sweep LF from front to back
6&7	LF. Step back - RF. Step beside LF - LF. Step fwd
8&1	RF. Step fwd - LF. Step beside RF - RF. Step back

Sec 4: Touch Behind, Unwind, Step-Lock-Step, Step fwd, 1/4 Turn R, Cross, Side, Behind

2-3	LF. Touch toe back - 1/2 Turn L (weight on LF) (6:00)
4&5	RF. Step fwd - LF. Lock behind RF - RF. Step fwd
6&7	LF. Step fwd - 1/4 Turn R - LF. Cross over RF (9:00)
8&	RF. Step to R side - LF. Cross behind RF

Start Again

Tag: In the 5th wall after count 16 (3:00)

2-3-4&	RF. Rock back - LF. Recover - RF. Rock fwd - LF. Recover

Ending: You ending at 12 o'clock, then do

2	RF. Cross over LF and POSE

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