

If You Stay

拍數: 48 牆數: 4 級數: Intermediate - Cha Cha motion
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音樂: If You Stay - Alex Hepburn



Info: Intro 32 counts

*** Restart in wall 4 after count 32&

Step L, Rock Back, Recover, Step fwd R, Step Half Turn Step, Step Lock, Lockstep fwd,

1-2-3 LF. Step to L side - RF. Step Back – LF. Recover
4&5 RF. Step fwd – LF. Step on ball LF ½ Turn R – RF. Step fwd (6.00)
6-7 LF. Step fwd – RF. Lock behind LF
8&1 LF. Step fwd – RF. Lock behind RF – LF. Step fwd (06.00)

Step Fwd & ¼ pivot turn L, Cross Over, Side, Cross Behind, Hold, Step, Cross Behind, Coaster Step L

2-3 RF. Step fwd – LF & RF. ¼ turn L take weight on LF
4&5 RF. Cross over LF - LF. Step to left - RF. Cross behind LF (3.00)
6&7 Hold - LF. Step to Left – RF. Cross over LF
8&1 LF. Step back - RF. Close beside LF - LF. Step fwd

½ Diamond, Kick & Touch, Lock Step Fwd L

2&3 RF. Cross over LF – LF. 1/8 turn R step back – RF. Step back. (4.30)
4&5 LF. Step back (4.30) - RF. ¼ Turn R step fwd ((7:30) - LF. Step fwd (7.30)
6&7 RF. Kick fwd - RF. Make a small step back and take weight – LF. Touch toe a little bit fwd
8&1 LF. Step fwd. RF. Lock behind LF - LF. Step fwd (7.30)

Hip Sway Right-Left, Sailor Step R, Sailor Step 3/8 turn L, Touch Ball Point L

2-3 RF. Sway hip right - LF. Sway hip left
4&5 RF. Cross behind - LF. Step to left RF - RF. Step to right
6&7 LF. 3/8 turn L Cross behind - RF. Step to right - LF. Step to left (3.00)
8&1 RF. Kick fwd - RF. Step on place – (***) Restart here in wall 4) - LF. Point to the left side

Hold, Close Beside, Point R, Flick Back, Cross Over, Step Back, Step Side, Cross Shuffle

2 Hold
&3-4 LF. Close beside RF – RF. Point to Right – RF. Flick backside
5-6-7 RF. Cross over LF – LF. Step back – RF. Step to right side
8&1 LF. Cross over RF - RF. Small step to R side - LF. Cross over RF

Side Rock, Cross Behind ¼ Turn L Fwd, Step Fwd, ½ Turn R, ¼ Chasse L

2-3 RF. Step to R - LF. Recover weight
4&5 RF. Cross behind LF - LF. 1/4 turn left step fwd - RF. Step fwd
6-7 LF. Step fwd – RF & LF make ½ turn R
8& RF. ¼ turn right step to R - LF. Close beside RF

Start Again