

If You're Gonna Be Bad

拍數: 32 牆數: 4 級數: Improver
編舞者: Ivonne Verhagen (NL) & Gudrun Schneider (DE) - December 2019
音樂: If You're Gonna Be Bad (Be Good At It) - Derek Ryan



Dance starts when he sings "Ohhh I went walking...."

SECTION 1: RIGHT WEAWE, MAMBO STEP R+L, ROCK STEP ¼ TURN R, SIDE R

1&2 RF step right side, LF cross behind RF, RF step to right side
&3&4 LF cross over RF, RF rock right, recover on LF
5&6 LF rock left side, recover on RF
7&8 RF rock forward, recover on LF, ¼ turn right, RF step right side (3:00)

SECTION 2: RIGHT WEAWE, CROSS ROCK SIDE, ROCK STEP, ½ TURN, SHUFFLE ½ TURN

1&2 LF cross over RF, RF step right side, LF cross behind RF
&3&4 RF step right side, LF cross over RF, recover on LF, LF step left side
5&6 RF rock forward, recover on LF, ½ turn right, LF step forward (9:00)
7&8 ¼ turn right, LF step left side, RF step next to LF, ¼ turn right, LF step back (3:00)

** Restart on wall 3 & 7

SECTION 3: COASTER STEP, HEEL-TOE-SWIVEL, TOUCH, SIDE TOUCH R+L, SIDE R, BEHIND, ¼ TURN R,

1&2 RF step back, LF close to RF, RF step forward
3&4 LF step diagonally forward, turn right heel in, turn right toe in
&5&6 RF touch next to LF, RF step right side, LF touch next to RF, RF step left side
&7&8 RF touch next to LF, RF step right, LF cross behind RF, ¼ turn right, RF step forward (6:00)

SECTION 4: MAMBO STEP, KICK, COASTER STEP, TOE STRUT L+R, ROCK STEP, ¼ TURN L SIDE L, TOUCH

1&2 LF rock forward, recover on RF, LF step back
&3&4 RF kick forward, RF step back, LF step next to RF, RF step forward
5&6& LF touch toe forward, heel down, RF touch toe forward, heel down
7&8& LF rock forward, recover on RF, ¼ turn left, LF step left side, RF touch next to LF (3:00)

** 1st restart in wall 3 after 16 counts (9:00)

**2nd restart in wall 7 after 16 counts (9:00))

Have Fun!

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