

# If I Can't Dance (I'll Go Crazy)

**COPPER** **KNOB**  
STEPSHEETS

拍數: 48                      牆數: 2                      級數: High Beginner  
編舞者: Yvonne Krause (USA) - September 2020  
音樂: If I Don't Dance - Kelley Hunt



## #16 Count Intro - 1 Restart

### [1-8] HIP BUMPS RIGHT & LEFT, HIP BUMPS ALTERNATING R, L, R, L

1-4                      Bump hips twice to the right and twice to the left.  
5-8                      Alternate hip bumps right, left, right, left.

### [9-16] ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

1-2                      Rock forward on right, recover onto left.  
3&4                      Step back on right, step left next to right, step forward on right.  
5-6                      Rock forward on left, recover onto right.  
7&8                      Step back on left, step right next to left, step forward on left.

**Restart here during the 5th wall right after the instrumental**

### [17-24] SIDE TOGETHER, SHUFFLE RIGHT, SHUFFLE LEFT W/ ¼ TURN, SHUFFLE LEFT W/ ¼ TURN

1-2                      Step right to right side, step left next to right.  
3&4                      Shuffle right stepping right, left, right.  
5&6                      As you make a ¼ turn left shuffle by stepping left, right, left. (9:00)  
7&8                      As you make another ¼ turn left shuffle by stepping right, left, right. (6:00)

### [25-32] OUT OUT, IN IN, SWAY RIGHT, LEFT, RIGHT, LEFT

&1-2                      In a "V" pattern, jump forward onto left foot, bring right foot forward and hold.  
&3-4                      Jump back onto left, bring right foot next to left and hold.  
5-8                      Sway hips right, left, right, left.

### [33-40] SAILOR STEPS R & L, POINT RIGHT, HOLD & POINT LEFT, HOLD &

1&2                      Cross right behind left, step left to left side, step right in place.  
3&4                      Cross left behind right, step right to right side, step left in place.  
5-6&                      Point right to right side and hold, step right next to left.  
7-8&                      Point left to left side and hold, step left next to right.

### [41-48] ROCK RECOVER, SHUFFLE 1/2, SHUFFLE 1/2, ROCK RECOVER

1-2                      Rock forward on right, recover onto left.  
3&4                      Shuffle ½ turn right by stepping right, left, right.  
5&6                      Continue to shuffle another ½ turn right by stepping left, right, left.  
7-8                      Rock back on right, recover onto left.

**May You Always Dance Like No One Is Watching**

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