

# If U Understand

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Silvi Laurent (INA) - July 2021  
音樂: If You Understand - George Baker Selection



\* Tag (4 counts) after wall 2 & 4

\* Intro : 40 counts

## S1. FORWARD ROCK - TOUCH - DROP - FORWARD ROCK - CHASSE

- 1-2.            Step R forward, Recover on L
- 3-4.            Touch R beside L, Drop R heel in place with Touch L toe in place
- 5-6.            Step L forward, Recover on R
- 7-&-8.          Step L to side, Step R together, Step L to side

## S2. CROSS ROCK - SIDE - WEAVE - SWEEP - CROSS BEHIND

- 1-2.            Cross R over L, Recover on L
- 3-4.            Step R to R side, Cross L over R
- 5-6.            Step R to side, Cross L behind R
- 7-8             Sweep R from front to back, Cross R behind L

## S3. SIDE STEP WITH HIP SWAY LRL - HOLD - BACK CROSS ROCK - SIDE - TOUCH

- 1-2             Step L to side with sway hip to left, Recover on R with sway hip to right
- 3-4.            Recover on L with sway hip to left, Hold
- 5-6             Cross R behind L, Recover on L
- 7-8             Step R to side, Touch L to side

## S4. TURN 1/4 - FORWARD - PIVOT 1/2 - FORWARD - FORWARD ROCK - COASTER STEP

- 1-2.            1/4 turn L Step L forward, Step R forward
- 3-4             1/2 turn L Step L in place, Step R forward
- 5-6.            Step L forward, Recover on R
- 7-&-8.          Step L back, Step R back together, Step L forward

**\*TAG : 4 Counts**

### SWAY - HOLD (R-L)

- 1-2             Step R to side with sway hip to right, hold
- 3-4.            Recover on L with sway hip to left, hold

Enjoy the dance..be happy

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