

If

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Newell (USA) - 15 September 2021
音樂: If She Were Mine - David Ball



#16 in

Senior Dancing Series

Note: I choreographed this for my beginners to review left foot lead dances.

TRIPLE LEFT, ROCK RECOVER, TRIPLE RIGHT ROCK RECOVER, 1/4 LEFT 9:00

1&2 3 -4 Triple LRL, rock back on R, recover on L

5&6 7-8 Triple RLR, rock back on L to 1/4 L, recover on R 9:00

2 TOE STRUTS, 4 CT ROCKING CHAIR

1-4 Step on L toe, heel down, step on R toe, heel down (move slightly fwd)

5-8 Rock fwd on L, recover on R, rock back on L, recover on R

LEFT VINE, RIGHT VINE TO 1/4 RIGHT 12:00

1-4 Step L to L, step R behind L, step L to L, touch R beside L

5-8 Step R to R, step L behind R, step R to 1/4 R, touch L 12:00

LEFT VINE, SCUFF, JAZZ BOX TO 1/4 WALL RIGHT WITH TOUCH 3:00

1-4 Step L to L, step R behind L, step L to L, scuff R

5-8 Cross R over L, step back on L, step to 1/4 R on R, touch L beside R 3:00

DANCE FOR THE HEALTH OF IT
