If You Love Me



拍數: 64 牆數: 4 級數: Improver

編舞者: Mona Leth (DK) - August 2022

音樂: If You Love Me (Let Me Know) - Olivia Newton-John: (iTunes)



Intro: 32 Counts (Start Counting When Heavy Beat Sets In) Restart: 1 (In Wall 3 After 16 Count)

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Section	1: K	Toe strut.	LIDES	irui. Ko	ckin chair

1-2-3-4 Touch R Toe In Front, Step Down R Heel, Touch L Toe In Front, Step Down On L Heel.

5-6-7-8 Rock Forward On R, Recover On L, Rock Back On R, Recover On L (12.00)

Section 2: R Toestrut, L Toestrut, 2x Step-Turn

1-2-3-4 Touch R Toe In Front, Step Down R Heel, Touch L Toe In Front, Step Down On L Heel.

5-6-7-8 Step Forward On R, Pivot ½ Turn L, Step Forward On R, Pivot ½ Turn L (12.00) Restart Here

In Wall 3

Section 3: Weave L, Cross-Rock, Side, Hold

1-2-3-4 Cross R Over L, Step L To L, Cross R Behind L, Step L To L
5-6-7-8 Cross-Rock R Over L, Recover On L, Step R To R, Hold. (12:00)

Section 4: Weave R, Cross-Rock, Side, Hold

1-2-3-4 Cross L Over R, Step R To R, Cross L Behind R, Step R To R
5-6-7-8 Cross-Rock L Over R, Recover On R, Step L To L, Hold (12:00)

Section 5: Diagonally Cross-Point X 4

1-2-3-4 Turn Your Body Toward 10.30: Cross-Step R Over L, Point L To L, Cross-Step L Over R, Point R To R (10:30)

5-6-7-8 Cross-Step R Over L, Point L To L, Cross-Step L Over R, Point R To R (10.30)

Option: Feel Free To Do Some Finger-Snapping Or Whatever You Like When, You Do The "Points".

Section 6: Jazzbox 1/4 Turn X 2

1-2-3-4 Cross-Step R Over L, Step Back On L, Turn ¼ R And Step Forward On R, Step L Next To R (1:30)

5-6-7-8 Cross-Step R Over L, Step Back On L, Turn ¼ R And Step Forward On R, Step L Next To R (4:30)

Section 7: Diagonally Step Point X 4

1-2-3-4 Cross-Step R Over L, Point L To L, Cross-Step L Over R, Point R To R (4:30)

5-6-7-8 Cross-Step R Over L, Point L To L, Cross-Step L Over R, Point R To R (4:30)

Option: Feel Free To Do Some Finger-Snapping Or Whatever You Like, When You Do The "Points".

Section 8: Jazzbox ¼ Turn, Jazzbox 1/8 Turn.

1-2-3-4 Cross-Step R Over L, Step Back On L, Turn ¼ R And Step Forward On R, Step L Next To R (7:30)

5-6-7-8 Cross-Step R Over L, Step Back On L, Turn 1/8 R And Step Forward On R, Step L Next To R (9:00)

Start All Over Again..

One Restart: In Wall 3, After 16 Count.... (You Will Be Facing 6 O'Clock)

Have Fun And A Good Sing-A-Long-Time....

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