

If Anything

拍數: 32 牆數: 4 級數: Improver
編舞者: Heather Barton (SCO) - April 2023
音樂: If Anything's Left - Jamie Fine



Intro: 8 Counts, Start at approx 4 secs

SEC 1 Walk, Walk, Anchor Step, ½ Step, ¼ Step, Weave

1-2 Step right forward, step left forward
3&4 Rock right back, recover weight onto left, rock right back
5-6 Turn ½ left step left forward, turn ¼ left step right to right (3:00)
7&8 Step left behind right, step right to right, cross left over right

SEC 2 ½ Monterey, Side Rock Cross, Side, ¼ Side, ¼ Side Shuffle

1-2 Point right to right, turn ½ right step right beside left (9:00)
3&4 Rock left to left, recover weight onto right, cross left over right
5-6 Step right to right, turn ¼ left step left to left (6:00)
7&8 Turn ¼ left step right to right, step left beside right, step right to right (3:00)

SEC 3 Back Rock, Side Rock Cross, ¼ Back, Side, Cross Shuffle

1-2 Rock left back, recover weight onto right
3&4 Rock left to left, recover weight onto right, cross left over right
5-6 Turn ¼ left step right back, step left to left (12:00)
7&8 Cross right over left, step left beside right, cross right over left

SEC 4 Side Rock & Side Rock, ¼ Jazzbox

1-2 Rock left to left, recover weight onto right
&3-4 Step left beside right, rock right to right, recover weight onto left
5-6 Cross right over left, step left back
7-8 Turn ¼ right step right to right, step left forward (3:00)
