

If You

拍數: 32 牆數: 2 級數: Beginner
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音樂: If You - Tribute To The Cats Band



Intro: 16 counts

Rock steps, shuffle fwd R+L

1 & RF rock fwd – recover on LF
2 & RF rock R side – recover on LF
3 & 4 RF step fwd – LF close – RF step fwd
5 & LF rock fwd – recover on RF
6 & LF rock L side – recover on RF
7 & 8 LF step fwd – RF close – LF step fwd

Fwd mambo, shuffle back L + R, coaster step

1 & 2 RF rock fwd – recover on LF – RF close
3 & 4 LF step back – RF close – LF step back
5 & 6 RF step back – LF close – RF step back
7 & 8 LF step back – RF close – LF step fwd

Chassé R, 1/4 turn L Chassé, R+L cross, step, touch, step

1 & 2 RF step R side – LF close – RF step R side
3 & 4 LF step 1/4 L – RF close – LF step L side
5 & RF cross over – LF step aside
6 & RF touch toe diag. R fwd – RF step next to LF
7 & LF cross over – RF step aside
8 & LF touch toe diag. L fwd – LF step next to RF

Step, touch, step, kick, Coaster step, Step, touch, step, kick, 1/4 turn L Chassé

1 & RF step fwd – L toe touch behind
2 & LF step back – RF kick fwd
3 & 4 RF step back – LV close – RF step fwd
5 & LF step fwd – R toe touch behind
6 & RF step back – LF kick fwd
7 & 8 LF step 1/4 L – RF close - LF step L side

Start over and enjoy!

Restart: In the 4e wall after 16 counts