

If Only

拍數: 64 牆數: 4 級數: Improver
編舞者: Iis Dzoels (INA) - August 2024
音樂: Si Antes Te Hubiera Conocido - KAROL G



Intro: 32 counts

SECTION 1 Side, Together, Chasse, Cross Rock, Recover, Side Rock, Recover

1 - 2 Step RF to R side (1), step LF together (2)
3&4 Step RF to R (3), step LF together (&), step RF to R (4)
5 - 6 Cross LF over (slightly fwd) (5), recover weight onto R (6)
7 - 8 Step LF to L side (7), recover weight onto R (8)

SECTION 2 Cross Back, Recover, Side, Cross Back, Side, Cross Over, Side, Cross Back

1 - 2 Cross back LF (1), recover onto R (2)
3 - 4 Step LF to L side (3), cross RF back (4)
5 - 6 Step LF to L side (5), cross RF over (6)
7 - 8 Step LF to L side (7), cross RF back (8)

SECTION 3 Recover, Forward, Recover, Back, Hook, Forward 2x, Pivot 1/4

1 - 2 Recover weight onto L (1), step RF forward (2)
3 - 4 Recover weight onto L (3), step RF back (4)
5 - 6 Hook L across R (5), step LF forward (6)
7 - 8 Step RF forward (7), turn ¼ L stepping LF in place (8)

SECTION 4 Samba R/L, Jazzbox

1 & 2 Cross RF over LF (1), step LF ball to L (&), step RF in place (2)
3 & 4 Cross LF over RF (1), step RF ball to R (&), step LF in place (2)
5 - 6 Cross RF over LF (5), step LF back (6)
7 - 8 Step RF to R (7), step LF forward (8)

RESTART here on Wall 2

SECTION 5 Diagonal Toe Touch With Hip R/L, Forward With Body Roll, Recover, Back 2x

1 - 2 Touch R toe diagonal R and push R hip to R (1), step RF beside LF (2)
3 - 4 Touch L toe diagonal L and push L hip to L (3), step LF beside RF (4)
5 - 6 Step RF forward with body roll (5), recover weight onto L (6)
7 - 8 Step RF back (7), step LF back (8)

SECTION 6 Point, Hold, Together, Point, Together, Walk 2x, Lock Shuffle

1 - 2 Point R to R (1), Hold (2)
&3 - 4 Step RF together (&), point L to L (3), step LF together (4)
5 - 6 Step RF forward (5), step LF forward (6)
7&8 Step RF forward (7), step LF behind RF (&), step RF forward (8)

SECTION 7 Forward, Pivot ½, Chasse ¼ turn, Back Rock, Recover, Side

1 - 2 Step LF forward (1), turn ½R stepping RF in place (2)
3 & 4 Turn 1/4L stepping LF to L side (3), step RF together (&), step LF to L side (4)
5 - 6 Rock cross RF behind LF (5), recover weight onto RF (6)
7 - 8 Step RF to R side (7), weight transfer onto RF (8)

SECTION 8 Back Rock, Recover, Side, Skate

1 - 2 Rock cross LF behind RF (1), recover weight onto RF (2)

- 3 - 4 Step LF to L side (7), weight transfer onto RF (8)
- 5 - 6 Sweep RF to R diagonal (5), Sweep LF to L diagonal (6)
- 7 - 8 Sweep RF to R diagonal (7), step LF together (8)

ENJOY THE DANCE

"Keep Moving, Keep Dancing, Keep Happy"

Last Update: 30 Aug 2024
