

If I Fall

拍數: 48 牆數: 4 級數: Improver
編舞者: Bill Macleod (CAN)
音樂: If I Fall You're Going Down with Me - The Chicks



RIGHT TOE HEEL, THEN TRIPLE STEP, LEFT TOE HEEL, THEN TRIPLE STEP

1-2 Touch right toe forward and in, then touch right heel forward
3&4 Step right, then left then right
5-6 Touch left toe forward and in then touch left heel forward
7&8 Step left, then right then left

Vine right then left with a ¼ turn left and a kick

1-4 Moving sideways to the right step right to side, step left foot behind right, step right to side, touch left beside right
5-8 Moving sideways to left step left to side, cross and step right foot behind left foot, make a ¼ turn to the left, stepping left foot forward, then kick right foot forward

SHUFFLE BACK RIGHT, LEFT, RIGHT, THEN LEFT, RIGHT, LEFT, ROCK ON RIGHT, REPLACE ON LEFT, KICK RIGHT BALL CHANGE

1&2 Stepping back right, left, right
3&4 Stepping back left, right, left
5-6 Rock back on right foot, replace weight forward on left foot
7&8 Kick right foot forward, step ball of right foot down, then change weight to the left

HIP BUMPS MOVING FORWARD

1&2 Moving forward step right forward and bump your hip, bump left hip back onto left foot, then bump right hip forward onto right foot
3&4 Moving forward step left forward and bump your hip, bump right hip back onto right foot, then bump left hip forward onto left foot
5-8 Repeat counts 1-4

EIGHT COUNT WEAVE TO THE RIGHT

1-8 Step right to side, cross left behind right, step right to side, cross left in front of right, step right to side, cross left behind right, step right to side, touch left beside right

DO ½ VINE LEFT, ¼ TURN WITH A SHUFFLE WITH CROSS MAMBOS

1-2-3&4 Step left to side, cross right behind left, ¼ turn to the left stepping forward left, then step right in beside left then step left forward
5&6 Cross rock right forward, step back on left, step right foot beside left
7&8 Cross rock left forward, step back on right, step left foot beside right

REPEAT