

# If Only

拍數: 64      牆數: 2      級數:  
編舞者: Cherine Stiller (AUS)  
音樂: Wild at Heart - Lari White



- 1-4      Touch right toe forward, hold, step right back, hold  
5-8      Touch left toe back, hold, step left forward, hold
- 1-2      Step right forward at 45 degrees right, lock left behind right  
3-4      Step right forward at 45 degrees right, scuff left foot forward  
5-6      Step left forward at 45 degrees left, lock right behind left  
7-8      Step left forward at 45 degrees left, scuff right foot forward
- 1-2      Step right forward, scuff left forward  
3-4      Step left forward, scuff right forward
- &1      Step right forward at 45 degrees right & bump hips forward  
2-8      Bump hips forward, back, back, forward, back, forward, back
- 1-2      Kick right foot forward twice  
3-4      Rock/step right back, rock forward onto left  
5-6      Step right forward, turn ½ turn left transferring weight to left  
7-8      Step right forward at 45 degrees right, step left forward at 45 degrees left
- 1-2      Step right across behind left, step left to left side  
3-4      Stomp right forward at 45 degrees right & lift left foot, hold  
5-6      Step left across behind right, step right to right side  
7-8      Stomp left forward at 45 degrees left & lift right foot, hold
- 1-2      Rock/step right across behind left, rock forward onto left  
3-5      Step right to right side, step left across behind right, step right to right side  
6-8      Step left across in front of right, step right to right side, step left across behind right
- 1-2      Rock/step right to right side, rock/step left to left  
3&4      Step right across in front of left, step left to left & step right across in front of left (cross shuffle)  
5-6      Step left to left while making ¼ turn right, step right forward while making ¼ turn right
- 1-2      Rock/step left forward, rock back onto right  
3&4      Step left back, step right next to left & step left forward (coaster step)  
5-6      Step right forward, pivot turn ½ turn left transferring weight to left

**REPEAT**

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