

If U

拍數: 32 牆數: 4 級數: Improver
編舞者: Tim Allen (UK)
音樂: If You Come Back - Blue



HIPS BUMPS, ¼ TURN SAILOR STEP, LEFT MAMBO, BACK LOCK STEP

1&2 Hips bumps - right, left, right
&3&4 Bump hips left, step right behind left making ¼ turn right, step left to left side, step right to right side
5&6 Rock forward on left, rock back on right, step left in place
7&8 Step right back, cross left in front of right, step back on right

COASTER STEP, STEP PIVOT POINT, SYNCOPATED WEAVES

9&10 Step back left, step right beside left, step forward left
11&12 Step forward right, pivot half turn over left shoulder, point right toe forward
13&14 Cross right behind left, step left to left side, cross right in front of left
15&16 Cross left behind right, step right to right side, cross left in front of right

KICK BALL POINTS, POINT KICK STEP, COASTER STEP

17&18 Kick right forward, step right in place, point left toe to left
19&20 Kick left forward, step left in place, point right toe to right
21&22 Point right toe forward, kick right forward, step right beside left
23&24 Step left back, step right beside left, step left forward

STEP LOCK STEPS, SYNCOPATED JAZZ BOX WITH SLIDE RIGHT

25&26 Step right forward, step right behind left, step right forward
27&28 Step left forward, step right behind left, step left forward
29&30 Cross right over left, step back left, large step right to right side
31-32 Slide left beside right, place weight on left

REPEAT
