

If You Ever

拍數: 64 牆數: 4 級數: Intermediate
編舞者: David Ridgard (UK)
音樂: If You Ever Saw Her - Ricky Martin



BASIC MAMBO ROCK, SHUFFLE, ROCK FORWARD ½ TRIPLE

1&2 Rock forward on to right foot, step left foot in place, bring right foot beside left
3&4 Rock back on to left foot, step right in place, bring left foot beside right
5-8 Repeat counts 1-4
9&10 Shuffle forward right, left, right,
11&12 Shuffle forward left, right, left
13-14 Rock forward right, rock back left
15&16 ½ triple right, stepping right, left, right

Optional: on counts 9-12 roll hands in front of body, while leaning back and forward

ROCK AND CROSS STEPS LEFT AND RIGHT, CLICKS, ROCK FORWARD ¾ TRIPLE TURN

17&18 Rock left to left side, rock right in place, step left slightly forward across right, click fingers
19&20 Rock right to right side, rock left in place, step right slightly forward across left, click fingers
21-22 Rock forward left, rock back right
23&24 ¾ turn left, stepping left, right, left

ROCK FORWARD, HEEL JACK, OUT, OUT, IN, IN, KNEE POPS

25-26 Rock forward right, rock back left
&27 Step back on right, touch left heel forward
&28 Step left to place, touch right next to left
&29 Step right to right side, step left to left side, (end with feet apart.)
&30 Step right to center, step left beside right, (weight ends on left)
& With feet together bend both knees, lifting heels slightly
31 Straighten legs, lowering heels softly
&32 Repeat steps &31

SHUFFLE FORWARD, STEP BACK, SLIDE BUMPS

33&34 Shuffle forward right, left, right
35&36 Shuffle forward left, right, left
37-38 Step back right, slide left back to right
39&40 Bump hips left, right, left
41-48 Repeat steps 33-40

Optional: on counts 33-36 and counts 41-44 roll hands in front of body, while leaning forward and back

KICK BALL CHANGES, ¼ TURNS LEFT

49&50 Kick right foot forward, step right foot in place, step left foot in place
51&52 Kick right foot forward, step right in place, step left foot in place
53-54 Step right foot forward, ¼ turn left, swaying hips to right
55-56 Step right foot forward, ¼ turn left, swaying hips to right

ROCKING CHAIR, ROCK FORWARD, MAMBO ROCK

57-58 Rock forward right, rock weight back on to left
59-60 Rock back right, rock weight forward on to left
61-62 Rock forward right, rock back left
63&64 Rock back right, step left in place, bring right foot beside left

REPEAT
