

If You Love Me

拍數: 64 牆數: 4 級數: Improver two step
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: Give My Heart a Rest - Rodney Crowell



TOE STRUTS FORWARD; ROCK STEP FORWARD, SIDE ROCK

1-2 Step on right toe forward, drop right heel
3-4 Step on left toe forward, drop left heel
5-6 Rock right forward, recover weight onto left
7-8 Rock right to right side, recover weight onto left

CROSS TOE STRUT, SIDE ROCK; RIGHT AND LEFT

1-2 Cross on right toe over left, drop right heel
3-4 Rock left to left side, recover weight onto right
5-6 Cross on left toe over right, drop left heel
7-8 Rock right to right side, recover weight onto left

¼ TURN RIGHT, TOE STRUTS BACK

& Make on ball of left ¼ turn right (3:00)
1-4 Step on right toe back, drop right heel, step on left toe back, drop left heel
5-8 Step on right toe back, drop right heel, step on left toe back, drop left heel

ROCK STEP BACK, STEP FORWARD, HOLD; HEEL BOUNCES ½ TURN LEFT

1-4 Rock right back, recover weight onto left, step right forward, hold
5-8 Bounce both heels 4 times turning ½ left, weight ends on left (9:00)

RIGHT TOE TOUCHES; RIGHT VINE, TOUCH

1-4 Touch right toe out, in, out, in
5-8 Step right to side, cross left behind right, step right to side, touch left toe next to right

LEFT TOE TOUCHES; LEFT VINE, TOUCH

1-4 Touch left toe out, in, out, in
5-8 Step left to side, cross right behind left, step left to side, touch right toe next to left

SCUFF, TOE, HEELS OUT, RETURN HEELS; RIGHT AND LEFT

1-2 Scuff right forward, step on right toe forward
3-4 Turn both heels out, return both heels, weight ends on right
5-6 Scuff left forward, step on left toe forward
7-8 Turn both heels out, return both heels, weight ends on left

STEP, HOLD, ¼ PIVOT, HOLD; TWICE

1-4 Step right forward, hold, pivot ¼ turn left, hold (6:00)
5-8 Step right forward, hold, pivot ¼ turn left, hold (3:00)

REPEAT
