If I Could (I Would Then)

級數: Low Intermediate (Polka)

編舞者: John Warnars (NL) - April 2009

音樂: If I Could - Sunny Sweeney : (CD: Heartbreaker's Hall of Fame)

Counting: 32 to 144 bpm - 16 count intro

STOMP, KICK, COASTER STEP, SHUFFLE, FULL TURN;

- 1. RF stomp next LF
- 2. RF kick right forward
- 3. RF step back

拍數: 32

- & LF closes next RF
- 4. RF step forward
- 5. LF step forward
- & RF step/close next LF
- 6. LF step forward
- 7. RF step with ½ turn left backwards
- 8. Lf step with ½ turn clockwise forwards

SIDE ROCK, RECOVER, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR CROSS;

- 1. RF step/rock to the right side
- 2. LF weight back on LF
- 3. RF step crossed behind LF
- & LF step left side
- 4. RF step crossed over LF
- 5. LF step/rock to the left side
- 6. RF weight back on RF
- 7. LF step crossed behind RF
- & RF step to right side
- 8. LF step crossed over RF

TOUCH, TOUCH, CROSS, TOUCH, TOUCH JAZZBOX;

- 1. RF tap with toes forward
- 2. RF tap with toes backwards
- 3. RF step with ¼ turn clockwise crossed on LF
- 4. LF tap with toes to left side
- 5. LF step crossed over RF
- 6. RF step back
- 7. LF step left side
- 8. RF tap toes next LF

1/4 TURN TOE SWITCHES combination with HOOK, SHUFFLE, 1/4 TURN SIDE SHUFFLE;

- 1. RF tap toes to right side
- & RF step/close next LF
- 2. LF tap toes to left side
- & LF step close next RF
- 3. RF tap toes to right side
- 4. LF on the ball of LF ¼ turn clockwise, and RF hook crossed for LF
- 5. RF step forward
- & LF step/close next RF
- 6. RF step forward
- 7. LF step with ¼ turn clockwise left side





牆數:4

- & RF step/close next LF
- 8. LF step to left side
- 1. RV restarts... (HAVE FUN & ENJOY IT!!!)