

# If This Is How You Act

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 1      級數: Beginner  
編舞者: Maggie Hicks (USA) - August 2010  
音樂: Take It Back - Reba McEntire  
或: If I Could Bottle This Up - Paul Overstreet



**Alt. Music: If I Could Bottle This Up by Paul Overstreet (Intro: 4x8)**

**Right Start**

## SECTION 1

**SIDE ROCK/RECOVER, KICK, KICK - SIDE ROCK/RECOVER, KICK, KICK**

1-2            Right side rock/recover (right, left)  
3-4            Double kick right across left to left diagonal (right right)  
5-6            Right side rock/recover left (right, left)  
7-8            Double kick right across left to left diagonal (right, right)

## SECTION 2

**SHUFFLE FWD, SHUFFLE FWD - PIVOT 1/4, PIVOT 1/4**

1&2           Step right fwd, step left together, Step right fwd (right, left right)  
3&4           Step left fwd, step right together,, Step left fwd (left, right, left)  
5-6           Step right fwd, turn 1/4 left placing weight on left (right, left) (9:00)  
7-8           Step right fwd, turn 1/4 left placing weight on left (right, left) (6:00)

## SECTION 3

**HEEL STRUT, HEEL STRUT - STEP FWD, HOLD, 1/2, HOLD**

1-2            Heel Strut (right, right)  
3-4            Heel Strut (left, left)  
5-6            Step fwd, Hold (right, Hold)  
7-8            Turn 1/2, Hold (left, Hold) (12:00)

## SECTION 4

**SHUFFLE FWD, SHUFFLE FWD - JAZZ BOX**

1&2            Shuffle fwd (right, left, right)  
3&4            Shuffle fwd (left, right, left)  
5-6-7-8        Cross right over left, step left back, step right to right, step left together (right, left ,right, left)

**BEGIN AGAIN**

**Music: Dance Will End On 12:00 Wall If You Use – If I Could Bottle This Up**

**If You Use – Take It Back- As Music Is Winding Down Change Section 2 Counts 5-6-7-8 (The Pivot Turns) To**

5-6-7-8        Right Side Rock/Recover Left, Kick Right Diagonal Across Left, Step Right To Right