

# If I Don't Dance

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner / Improver  
編舞者: Johnny Two-Step (UK) - April 2011  
音樂: If I Don't Dance - Kelley Hunt



## ROCK RECOVER, SHUFFLE ½ TURN, ROCK RECOVER, COASTER STEP

1-2      Rock forward on right foot back on left foot  
3&4      Shuffle ½ turn right, stepping right, left, right  
5-6      Rock forward on left foot, back on right foot  
7&8      Step back on left, step right beside left, step left forward

## FORWARD RIGHT TOE STRUT, LEFT TOE STRUT, ½ TOE STRUT , ¼ TOE STRUT

1-2      Step forward right toe down heel down  
3-4      Forward left toe down heel down  
5-6      Make a ½ turn left stepping back on right toe heel  
7-8      Make a ¼ turn left stepping left toe heel to left side

## STEP LOCK SHUFFLE , STEP ¾ TURN, SIDE SHUFFLE

1-2      Step forward on right foot step left behind right foot  
3&4      Shuffle forward right left right  
5-6      Step forward on left foot ¾ turn right on right foot  
7&8      Side shuffle left stepping left right left

## CROSS BEHIND ¼ TURN, SHUFFLE FORWARD, ROCK RECOVER , COASTER STEP

1-2      Step right behind left foot ¼ turn left on left foot  
3&4      Shuffle forward right left right  
5-6      Rock forward on left foot back on right foot  
7&8      Step back on left, step right beside left, step left forward

Contact: Email - [Johnny@j2step.com](mailto:Johnny@j2step.com)

---