

If You're Ever...

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: If You're Ever Down in Dallas - Lee Ann Womack : (CD: Some Things I Know)



Intro 16 counts.

(1 – 8) CROSS ROCK, RECOVER, SIDE SHUFFLE R, CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN L;

- 1 . RF cross rock RF over LF
- 2 . LF rock back on LF
- 3 . RF step RF to right side
- & LF step/close LF next RF
- 4 . RF step RF to right side
- 5 . LF cross rock LF over RF
- 6 . RF rock back on RF
- 7 . LF step LF to left side
- & RF step/close RF next LF
- 8 . LF step LF with ¼ turn left forwards (9)

(9 – 16) SIDE ROCK, RECOVER, CROSS SHUFFLE, 2 x ¼ TURN RIGHT, SHUFFLE L;

- 1 . RF step/rock RF to right side
- 2 . LF rock back on LF
- 3 . RF cross step RF over LF
- & LF step/close LF next RF
- 4 . RF cross step RF over LF
- 5 . LF step LF with a ¼ turn right backwards (12)
- 6 . RF step RF with a ¼ turn right forwards (3)
- 7 . LF step LF forwards
- & RF step/close RF next LF
- 8 . LF step LF forwards

RESTART Dance the fifth wall up to count 16 and restart again...

(17 – 24) CROSS STEP, POINT, CROSS STEP, POINT, JAZZ BOX CROSS ¼ TURN R;

- 1 . RF cross step RF over LF
- 2 . LF touch LF with toe to left side
- 3 . LF cross step LF over RF
- 4 . RF touch RF with toe to right side
- 5 . RF cross step RF over LF
- 6 . LF step LF backwards
- 7 . RF step RF with a ¼ turn right forwards (6)
- 8 . LF cross step LF over RF

(25 – 32) POINT, ¼ TURN R HOOK, SHUFFLE R, ROCK, RECOVER, ½ SHUFFLE TURN L;

- 1 . RF touch RF with toe to right side
- 2 . LV on ball of LF, make a ¼ turn right & hook RF for shin LF (9)
- 3 . RF step RF forwards
- & LF step/close LF next RF
- 4 . RF step RF forwards
- 5 . LF step/rock LF forwards
- 6 . RF rock back on RF
- 7 . LF step LF with a ¼ turn left to left side (6)

& RF step/close RF next LF
8 . LF step LF with a ¼ turn left forwards (3)

***1. RF start again....**

Info : Restart in wall 5 (12) after count 16 (3)

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