

If You Want It

拍數: 40 牆數: 2 級數: Improver
編舞者: Tara Busbridge (UK) - August 2011
音樂: A Hundred Sinners (Come and Get It) - The Feeling



[1-8] Right Point Side, Centre, Side Point, Right Kick, Right Behind Side Cross

1-2 Right point toe to right side, right toe to centre
3-4 Right point toe to right side, right kick to side
5-6 Right behind left, step left to left side
7-8 Right across left, hold.

[9-16] Left Point Side, Centre, Side Point, Left Kick, Left Behind ¼ Turn Right

1-2 Left point toe to left side, left toe to centre
3-4 Left point toe to left side, left kick to side
5-7 Left behind right, ¼ turn right on right (03:00)
7-8 Step forward on left, hold.

[17-24] Mambo Right Forward, Left Back Lock, Right Coaster, Traveling Triple Step Forward Turn

1&2 Rock forward on right, recover on left, step right beside left
3&4 Step back on left, lock right over left, step back on left
5&6 Step back on right, step left to right, step forward on right
7&8 Left ½ turn, right ½ turn, Step forward on left. (Easier option run x 3, left, right, left)

[25- 32] Right Rock Forward, ½ Turn Right Shuffle, Left Forward Rock, Left ¼ Sailor Step

1-2 Rock forward on right, recover on left
3&4 Step ½ turn right on right, step left forward, step right forward (09:00)
5-6 Rock forward on left, recover on right
7&8 Step back on Left 1/4, step right to side, step forward on left (06:00)

[33-40] Side Rock Kick, Down, Left Rock Out Together, Right Drag, Ball, Walk, Walk

1&2& Rock right to right side, recover on left, kick right forward, right beside left (weight on)
3&4 Rock left to left side, recover on right, step left to right (weight on)
5-6& Step back on right, drag left to right, step on ball of left
7-8 Step forward on right, step forward on left. (Harder option half turn x 2)

Start again and Enjoy
