

拍數: 64 牆數: 2 級數: Higher Intermediate
 編舞者: Esmeralda van de Pol (NL) & Antoinette Claassens (NL) - December 2011
 音樂: If - Sarah Engels : (Album: Heartbeat)



Intro: 36 counts from the heavy beat

SIDE, BACK ROCK, RECOVER, SIDE, SAILOR STEP, BEHIND, ¼ TURN R, SHUFFLE FWD

1-2& Step Right to right side, rock left behind right, recover on right
 3-4&5 Step Left to left side, Cross Right behind left, Step Left to Left side, Step Right to right side
 6& Step L behind R, ¼ turn Right-step Right fwd
 7&8 Step Left fwd, Step Right next to Left, Step Left fwd

FWD ROCK, SHUFFLE ½ TURN R, ½ TURN R X2, MAMBO STEP

1-2 Rock right fwd, Recover on Left
 3&4 Shuffle ½ turn Right, R,L,R
 5-6 ½ Turn Right-stepping back, ½ Turn Right-stepping fwd
 7&8 Rock Left fwd, Recover on Right, Step Left next to R

SIDE ROCK & CROSS, SIDE, CROSS, SIDE ROCK & CROSS, SIDE, CROSS

1-2& Rock Right fwd, Recover on Left, Step Right over Left
 3-4 Step Left to left side, Cross Right over Left
 5-6& Rock Left to Left side, Recover on Right, Cross Left over Right
 7-8 Step Right to right side, Cross Left over Right

ROCK, RECOVER, STEP BACK, ¼ TURN L, STEP FWD, FWD ROCK, COASTER ¼ TURN L

1-2& Cross Rock Right fwd, Recover on Left, Step Right back
 3-4 ¼ turn Left- step Left fwd, Step Right fwd
 5-6 Rock Left fwd, Recover on Right
 &7-8 ¼ turn Left-step Left back, Step Right next to Left, Step Left fwd

DIAGONALLY LOCKSTEPS R&L, ROCK, RECOVER, TOGETHER, BACK, CROSS

1-2& Step R diagonale fwd, Step Left behind Right, Step R diagonale fwd
 3-4& Step L diagonale fwd, Step Right behind Left, Step L diagonale fwd
 5-6 Rock Right fwd, Recover on Left
 &7-8 Step Right next to Left, Step Left back, Step Right Across Left

STEP BACK, COASTER STEP, STEP ¼ TURN R, CROSS, ¼ TURN, SHUFFLE ¼ TURN L

1-2&3 Step Left back, Step Right back, Step Left next to Right, Step Right fwd
 4&5 Step fwd on Left, ¼ turn R-step Right to Right side, Cross Left over Right
 6 ¼ Turn left-step Right back
 7&8 ¼ Turn Left-step Left to Left side, Step Right next to Left, Step L to Left side

FWD STEP, SWEEP CROSS, STAP BACK, STEP BACK, SWEEP CROSS, BACK, ¼ TURN R, STEP ½ TURN R, ¼ TURN R, HIP SWAYS

1-2& Step Right fwd, Sweep en Cross Left over Right, Step Right back
 3-4& Step Left back, Sweep en Cross Right over Left, Step Left back
 5-6& ¼ Turn Right-step Right fwd, Step Left fwd, ½ Turn Right-weight on R
 7-8& ¼ Turn Right-step L to L side sway hip, sway to Right side, Sway Hip to Left side-weight on L

CROSS ROCK, RECOVER, TOGETHER, STEP FWD, STEP ½ TURN L, STEP, FULL TURN, ROCK & CROSS

1-2& Cross Rock Right fwd, Recover on Left, Step Right next to Left

3-4&5 Step Left fwd, Step Right fwd, ½ Turn Left-weight on Left, Step Right fwd
6& ½ Turn right-step Left back, ½ Turn Right-step Right fwd
7&8 Rock Left to Left side, Recover on Right, Cross Left over right
