

# If I Catch You

拍數: 48      牆數: 4      級數: Phrased High Beginner  
編舞者: Mira Dorota Hansen (DK) - November 2012  
音樂: Ai Se Eu Te Pego! - Michel Teló



Start on vocal "nossa" . A, B, AA, B, AA, B. A. B.

## A: 32 counts

**Skate R, skate L, shuffle R forward, skate L, skate R, shuffle L forward**

1-2            Skate R to right side, skate L to left side  
3&4           Step forward on R, step left together, step forward on R  
5-6           Skate L to left side, skate R to right side  
7&8           Step forward on L, step right together, step forward on L.

**Rock recover, shuffle R back half turn, step L forward half turn right, L shuffle forward**

1-2            Rock forward on R, recover on left.  
3&4           Step R back, left together right with quarter turn, step right to R with quarter turn  
5-6           Step L forward, half turn on R feet to right.  
7&8           Step L forward, step R together L, step L forward.

**Samba L, samba R, rock recover, shuffle R half turn**

1&2            Cross R over left, step L to left side, step R together L  
3&4            Cross L over right, step R to right side, step L together R  
5-6            Rock forward on R, recover on left  
7&8            Step R back, step L together right with quarter turn, step R to right with quarter turn

**Step half turn right, shuffle L forward, rocking chair**

1-2            Step L forward, weight right feet half turn right  
3&4            Step left forward, step right together L, step left forward  
5-6            Rock forward on R, recover on left  
7-8            Rock back on R, recover on left.

## B: 16 counts

**Rock R to side right, recover L, Rock R forward, recover L, R coaster step. Repeat left**

1&            Rock R to right side, recover to left  
2&            Rock forward on R, recover to left  
3&4            R step back and left step together right and R step forward  
5&            Rock L to left side, recover to right  
6&            Rock forward on L, recover to right  
7&8            Step L back, step right together left, step L forward

**Shuffle R, L, forward step half turn step, step forward, right quarter turn step**

1&2            Step R forward, step L together right, step R forward.  
3&4            Step L forward, step R together left, step L forward  
5&6            Step R forward, L feet half turn, step R forward.  
7&8            Step L forward, R feet quarter turn, L step to right.

Have fun.

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