

If You Don't Know Me By Now

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: N. Sultje T. (INA) - March 2013
音樂: If You Don't Know Me By Now - Seal



Intro: 48 Counts

Section 1 : RIGHT TWINKLE, LEFT TWINKLE

1,2,3 cross/ step R over L, rock/ step L to left side, recover weight onto R (moving forward)
4,5,6 cross/ step L over R, rock / step R to right side, recover weight onto L (moving forward)

Section 2 : STEP FORWARD, FULL TURN RIGHT, STEP FORWARD, HITCH, KICK

1,2,3 step R forward, ½ turn right stepping back on L, ½ turn right stepping forward on R
4,5,6 step L forward, hitch right knee up, low kick R forward

Section 3 : STEP BACK, TOE TOUCH, HOLD, UNWIND ½ TURN LEFT, ½ TURN LEFT, ¼ TURN LEFT

1,2,3 step back on R, touch L toe behind R, hold
4,5,6 ½ turn left transferring weight on L, ½ turn left stepping back on R, ¼ turn left stepping L to left side

Section 4 : CROSS, SIDE, BEHIND, LONG STEP LEFT, DRAG RIGHT BESIDE LEFT

1,2,3 cross R over L, step L to left side, cross R behind L
4,5,6 take a long step to the left with L, dragging right towards L for 2 counts

Section 5 : ¼ TURN RIGHT, ½ TURN RIGHT, ¼ TURN RIGHT, STEP ON L ½ TURN LEFT, RAISE KNEE & HOLD

1,2,3 ¼ turn right stepping forward on R, ½ turn right stepping back on L, ¼ turn right stepping R to right side(rolling full turn).
4,5,6 step L to left side, make ½ turn left on ball of L foot raising right knee up, hold

Section 6 : CROSS, SIDE, BEHIND, LONG STEP LEFT, DRAG RIGHT BESIDE LEFT

1,2,3 cross R over L, step L to left side, cross R behind L
4,5,6 take a long step to the left with L, dragging R towards L for 2 counts

Section 7 : ¼ TURN RIGHT, ½ TURN RIGHT, ¼ TURN RIGHT, STEP ON L TURNING ¾ TURN LEFT, RAISE KNEE & HOLD

1,2,3 ¼ turn right stepping forward on R, ½ turn right stepping back on L, ¼ turn right stepping R to right side (rolling full turn)
4,5,6 step L to left side, make ¾ turn left on ball of L foot, raising R knee up, hold

Section 8 : CROSS, TOUCH, HOLD, CROSS, TOUCH, HOLD

1,2,3 cross R over L, touch L to left side, hold
4,5,6 cross L over R, touch R right side, hold

Restarts: -

1st is on wall 3, after 24 counts, facing 6.00. to do your restart facing 6.00, you will have to change your long step left, drag right, hold from counts 22 – 24 change the first one to ¼ turn left, touch R to right side, hold.

2nd is on wall 5th, after 24 counts facing 9.00. now add your 6 counts tag and restart facing front wall.

Tag : SWAY R, SWAY L, ¼ RIGHT, ¼ RIGHT, SWAY RIGHT, ¼ LEFT.

1,2,3 sway right, sway left, ¼ turn right stepping R forward
4,5,6 ¼ turn right stepping L to left side, sway right, ¼ left stepping L forward

START AGAINAND HAVE FUN!

Contact : Nsultje@yahoo.com
