

If You Can

COPPERKNOB
BY STEPHEN BRETZ

拍數: 42 牆數: 2 級數: Intermediate / Advanced
編舞者: Malene Jakobsen (DK) - August 2013
音樂: Love Me If You Can - Toby Keith : (Album: Love Me If You Can - iTunes)



Intro: 16 counts - dance begins with weight on L

Bridge: There are two bridges, both 6 counts, on walls 1 and 3 after 26 counts

Restart: There is one Restart, on wall 5 after 8 counts

[1-9] Fwd. Rock, 1/4, Cross, 1/4, 1/2, Pivot 1/4, Cross, 1/4, Shuffle 1/2 With Sweep

1-2&3 (1) Rock fwd. on R, (2) recover onto L, (&) turn 1/4 R stepping R to R, (3) cross L over R 3.00
4&5 (4) Turn 1/4 L stepping back on R, (&) turn 1/2 L stepping fwd. on L, (5) step fwd. on R 6.00
6&7 (6) Turn 1/4 L, (&) cross R over L, (7) turn 1/4 R stepping back on L 6.00
8&1 (8) Turn 1/4 R stepping R to R, (&) step L next to R, (1) turn 1/4 R stepping fwd. on R
sweeping L from back to front 12.00

NOTE: The only restart is here, after count 8 restart from the beginning

[10-17] Cross, Side, Behind Sweep, Behind, 1/4, 1/4, Behind, Side, Cross Rock, Side

2&3 (2) Cross L over R, (&) step R to R, (3) cross L behind R sweeping R from front to back 12.00
4&5 (4) Cross R behind L, (&) turn 1/4 L stepping fwd. on L, (5) turn 1/4 L stepping R to R 6.00
6-7 (6) Cross L behind R, (7) step R to R 6.00
8&1 (8) Rock L across R, (&) recover onto R, (1) step L to L 6.00

[18-25] Cross Shuffle, Full Turn, Ball, Cross With Sweep, Cross, Back, 1/4, Cross Rock, Side Sway

2&3 (2) Cross R over L, (&) step L slightly L, (3) cross R over L 6.00
4 (4) Sharp full turn L ending up with L crossed over R 6.00
&5 (&) Step R slightly R, (5) cross L over R sweeping R from back to front 6.00
6&7 (6) Cross R over L, (&) step back on L, (7) turn 1/4 R stepping R to R 9.00
8&1 (8) Rock L across R, (&) recover onto R, (1) step L to L and sway L 9.00

[26-33] Sway, Basic, Side, Back Rock, 1/4, 1/4, Cross, 3/4

2 (2) Sway R 9.00

NOTE: The bridges are here, on walls 1 and 3, both times facing 9.00

3-4& (3) Step L to L, (4) close R behind L, (&) cross L over R 9.00
5-6& (5) Step R to R, (6) rock back on L, (&) recover onto R 9.00
7-8& (7) Turn 1/4 R stepping back on L, (8) turn 1/4 R stepping R to R, (&) cross L over R 3.00
1 (1) Turn 1/4 R stepping fwd. on R and continue turning another 1/2 turn R sweeping L around
12.00

[34-40] Lock Step, Pivot 1/2, 1/4, Behind Sweep, Back Rock, 1/4, Back Rock

2&3 (2) Step fwd. on L, (&) lock R behind L, (3) step fwd. on L – this is the start of a pivot 1/2
12.00
4&5 (4) Turn 1/2 R, (&) turn 1/4 R stepping L to L, (5) cross R behind L sweeping L from front to
back 9.00
6&7 (6) Rock back on L, (&) recover onto R, (7) turn 1/4 R stepping back on L 12.00
8& (8) Rock back on R, (&) recover onto L 6.00

[41-42] Step, Pivot 1/2

1-2 (1) Step fwd. on R, (2) turn 1/2 L 12.00

Bridge: Side, Behind, 1/4, Pivot 1/2, 1/4, Together, Cross

1-2& (1) Step L to L, (2) cross R behind L (&) turn 1/4 stepping fwd. on L 6.00
3-4& (3) Step fwd. on R, (4) turn 1/2 L, (&) turn 1/4 L stepping R to R 9.00

5-6 (5) Step L next to R, (6) cross R over L 9.00

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