If This Is Love (如果這是愛) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年07月
Music: If This Is Love - The Saturdays

前奏： Starts on Vocal (32 Counts) 32拍後唱歌起跳

第一段 Kick & Point, Sailor 1/4 Turn, Rock, Recover, Full Turn.
踢 & 點, 轉1/4水手步, 下沉, 回復, 轉圈

1&2 Kick forward Right, step Right next to Left, point Left to Left side.
右足前踢, 右足併踏, 左足左點

3&4 Cross step Left behind Right, make 1/4 turn Left stepping Right next to Left, step Left next to Right.
左足於右足後交叉踏, 左轉90度右足併踏, 左足併踏

5-6 Rock forward on Right, recover on Left.
右足前下沉, 左足回復

7-8 Make 1/2 turn to Right stepping forward Right, 1/2 turn to Right stepping back on Left. 右轉180度右足前踏, 右轉180度左足後踏

第二段 Back, Coaster Heel & Step, Step 1/4 , Cross Shuffle.
後, 海岸步 踵 & 踏, 踏轉1/4, 交叉交換

1-2&3 Step back on Right, step back on Left, step Right next to Left, touch Left Heel forward. 右足後踏, 左足後踏, 右足併踏, 左足踵前點

&4 Step Left next to Right, step forward on Right.
左足併踏, 右足前踏

5-6 Step forward on Left, pivot 1/4 turn to Right.
左足前踏, 右轉90度

7&8 Cross step Left over Right, step Right to side, cross step Left over Right.左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 & Cross, Side, Rock & Side, Behind, 1/4 , Right Lock Step.
& 交叉, 側, 下沉 & 側, 後, 右1/4鎖步

&1-2 Step Right to Right side, cross step Left over Right, step Right to Right side.右足右踏, 左足於右足前交叉踏, 右足右踏

3&4 Cross rock Left behind Right, recover Right, step Left to Left side.
左足於右足後交叉下沉, 右足回復, 左足左踏

5-6 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left.右足於左足後交叉踏, 左轉90度左足前踏

7&8 Step forward on Right, lock Left behind Right, step forward on Right.
右足前踏, 左足後鎖踏, 右足前踏

第四段 Rock, Recover, 3/4 Triple, Step, 1/2, 1/4, Cross.
下沉, 回復, 小三步3/4, 踏, 1/2, 1/4, 交叉

1-2 Rock forward on Left, recover on Right.
左足前下沉, 右足回復

3&4 Make 3/4 turn to Left stepping L-R-L
小三步左轉270度-左, 右, 左

5-6 Step forward on Right, make 1/2 turn to Right stepping back on Left.
右足前踏, 右轉180度左足後踏

7-8 1/4 turn to Right stepping Right to Right side, cross step Left over Right.右轉90度右足右踏, 左足於右足前交叉踏

第五段　Chasse Right, Rock Step, Kick & Cross, Kick & Cross.
右追步, 下沉回復, 踢 & 交叉, 踢 & 交叉

1&2　Step Right to Right side, step Left next to Right, step Right to Right side. 右足右踏, 左足併踏, 右足右踏

3-4　Cross rock Left behind Right, recover on Right.
左足於右足後交叉下沉, 右足回復

5&6　Kick Left to Left forward diagonal, step Left next to Right, cross step Right over Left.
左足左斜角線前踢, 左足併踏, 右足於左足前交叉踏

7&8　Kick Left to Left forward diagonal, step Left next to Right, cross step Right over Left
左足於左斜角線前踢, 左足併踏, 右足於左足前交叉踏

第六段　& Cross, Side, Sailor 1/4 , Step, 1/2 Pivot, Ball Step, Step.
& 交叉, 側, 1/4水手, 踏, 1/2, 踏, 踏

&1-2　Step Left to Left side, cross step Right over Left, step Left to Left side. 左足左踏, 右足於左足前交叉踏, 左足左踏

3&4　Cross step Right behind Left, make 1/4 turn Right stepping Left next to Right, step Right next to Left.
右足於左足前交叉踏, 右轉90度左足併踏, 右足併踏

5-6　Step forward Left, pivot 1/2 turn to Right.
左足前踏, 右轉180度

&7-8　Step Left next to Right, step forward Right, step forward Left. *R*
左足併踏, 右足前踏, 左足前踏

R Restarts: Walls 2 & 4.. Dance Up To & Including Count 8, Section 6 (48) Then Restart From Beginning (1)　第二面牆及第四面牆, 跳至此從頭起跳

第七段　Touch, Touch, Hitch & Step, Step, Point & Point & Point.
點, 點, 抬 & 踏, 踏, 點 & 點 & 點

1-2　Touch Right toe forward, touch Right toe back
右足趾前點, 右足趾後點

3&4　Hitch Right knee forward, step Right next to Left, step forward on Left. 右膝蓋前抬, 右足併踏, 左足前踏

5-6&　Step forward on Right, point Left toe to Left side, step Left next to Right. 右足前踏, 左足趾左點, 左足併踏

7&8　Point Right toe to Right side, step Right next to Left, point Left toe to Left side. 右足趾右點, 右足併踏, 左足趾左點

第八段　Touch, Touch, Hitch & Step, Rock, Recover, Coaster Step.
點, 點, 抬 & 踏, 下沉, 回復, 海岸步

1-2　Touch Left toe forward, touch Left toe back.
左足趾前點, 左足趾後點

3&4　Hitch Left knee forward, step Left next to Right, step forward on Right. 左膝蓋前抬, 左足併踏, 右足前踏

5-6　Rock forward on Left, recover on Right.
左足前下沉, 右足回復

7&8　Step back on Left, step Right next to Left, step forward on Left.
左足後踏, 右足併踏, 左足前踏
