

If Not For You

Count: 40

Wall: 2

Level: Improver

Choreographer: Alison Johnstone (AUS) & Joshua Talbot (AUS) - October 2022

Music: If Not for You - Ronnie Beard : (iTunes / Amazon)



Start: 16 counts in on the word "You"

(1-8) Step, Pivot ½, Shuffle. Step, Pivot ¼, Cross Shuffle (3.00)

1, 2 Step fwd on Lft, Pivot ½ over Rt
3&4 Step fwd Lft, Step Together Rt (&), Step fwd Lft
5, 6 Step fwd on Rt, Pivot ¼ over Lft (3.00)
7&8 Cross Rt over Lft, Step Lft side (&), Cross Rt over Lft

(9-16) Side, Hold, Ball (&), Side, Touch, Side, Behind, Side, Touch

1, 2 Step Lft to side, Hold
&3, 4 Ball step Rt into Lft (&), Step Lft to side, Touch Rt into Lft
5, 6 Step Rt to side, Step Lft behind Rt
7, 8 Step Rt to side, Touch Lft into Rt

(17-24) Roll ¼, ½, ¼, Cross, Chasse, Rock Back, Recover

1, 2 ¼ over Lft step fwd on Lft, ½ over Lft step back on Rt
3, 4 ¼ over Lft step Lft to side, Cross Rt over Lft (3.00)
5&6 Step Lft side, Step together Rt (&), Step Lft to side
7, 8 Rock back on Rt, Recover on Lft

(25-32) Toe Strut ¼, Back Rock, Recover, Toe Strut ½, Back Rock, Recover (6.00)

1, 2 ¼ over Lft toe heel drop Rt foot (12.00)
3, 4 Rock back on Lft, Recover on Rt
5, 6 ½ over Rt toe heel drop Lft foot (6.00)
7, 8 Rock back on Rt, Recover on Lft

(33-40) Walk, Walk, Out (&), Out, Touch, Stomp, Hold, Back Rock, Recover

1, 2 Walk Fwd on Rt, Walk Fwd on Lft
&3, 4 Step Rt out to side (&), Step Lft out to side, Touch Rt into Lft
5, 6 Stomp Rt out to side, Hold
7, 8 Rock back on Lft, Recover on Rt

START AGAIN

ENDING – Dance to count on 8 then turn to the front stepping on the Left - TADA!!!!

Thank you so much Ronnie Beard for sending me this beautiful track

Josh and I absolutely love it

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