

If I Said

Count: 32

Wall: 4

Level: Beginner

Choreographer: Helaine Norman (USA) - April 2022

Music: If I Said You Had a Beautiful Body Would You Hold It Against Me - The Bellamy Brothers



Intro: 16 - No tags or Restarts

I. Side Rock, Recover, Forward Hold X2

1-2 Rock R side, recover to L
3-4 Step R forward, hold
5-6 Rock L side, recover to R
7&8 Step L forward, hold

II. Scissor, Vine Hold

1-3 Rock R side, recover to L, step R over
4-5 Step L side, step R behind
6-7 Step L side, step R over
8 Hold

III. ¼ R Turn, ¼ R Turn; Forward Mambo with Hold

1-2 Step L side, making 1/4 turn right step R (3:00)
3-4 Step L forward, making ¼ turn right step R (6:00)
5-8 Step L forward, recover to R, step L together (or slightly forward), hold

IV. Back Mambo with Hold; Scissor, ¼ L Turn

1-4 Step R back, recover to L, step R together (or slightly forward), hold
5-7 Rock L side, recover to R, step L over
8 Making ¼ turn left, pivot on L (3:00)

Styling for count 8 (1/4 L turn): Keep R touching L to make it easy to begin dance stepping to R side.

REPEAT

ENDING: End at 12:00 after the two ¼ right turns. Just step L forward to pose.

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