

# If This Is It

拍数: 32      墙数: 4      级数: Beginner  
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音乐: If This Is It - Huey Lewis & The News



Start: After 32 Count intro

## SIDE ROCK CROSS SHUFFLE x2

1-2            Step/rock R to side, recover onto L  
3&4            Cross shuffle stepping R, L, R  
5-6            Step/rock L to side, recover onto R  
7&8            Cross shuffle stepping L, R, L

## ¼ TURN, ½ TURN, FORWARD SHUFFLE, ROCK FORWARD RECOVER COASTER STEP

9-10            Turn ¼ to left stepping R back, turn ½ to left stepping L forward  
11&12            Shuffle forward stepping R, L, R  
13-14            Step L forward, recover onto R  
15&16            Step L back, step R back next to L, step L forward

## ROLLING VINE x2

17-18            Turn ¼ to right stepping R forward, turn ½ to right stepping L back  
19-20            Turn ¼ to right stepping R to side, touch L next to R  
21-22            Turn ¼ to left stepping L forward, turn ½ to left stepping R back  
23-24            Turn ¼ to left stepping L to side, touch R next to L

## SIDE TOGETHER BACK SHUFFLE, SIDE TOGETHER FORWARD SHUFFLE

25-26            Step R to side, step L next to R  
27&28            Shuffle back stepping R, L, R  
29-30            Step L to side, step R next to L  
31&32            Shuffle forward stepping L, R, L

## REPEAT

OPTION: You can replace one or both of the rolling vines with a normal vine, if you don't want to do too many turns!

Last Update - 7 Mar. 2025 - R1