

# If You

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Marian van der Heijden (NL) - November 2023  
音乐: If You - Tribute To The Cats Band



Intro: 16 counts

## Rock steps, shuffle fwd R+L

1 &            RF rock fwd – recover on LF  
2 &            RF rock R side – recover on LF  
3 & 4          RF step fwd – LF close – RF step fwd  
5 &            LF rock fwd – recover on RF  
6 &            LF rock L side – recover on RF  
7 & 8          LF step fwd – RF close – LF step fwd

## Fwd mambo, shuffle back L + R, coaster step

1 & 2           RF rock fwd – recover on LF – RF close  
3 & 4           LF step back – RF close – LF step back  
5 & 6           RF step back – LF close – RF step back  
7 & 8           LF step back – RF close – LF step fwd

## Chassé R, 1/4 turn L Chassé, R+L cross, step, touch, step

1 & 2           RF step R side – LF close – RF step R side  
3 & 4           LF step 1/4 L – RF close – LF step L side  
5 &            RF cross over – LF step aside  
6 &            RF touch toe diag. R fwd – RF step next to LF  
7 &            LF cross over – RF step aside  
8 &            LF touch toe diag. L fwd – LF step next to RF

## Step, touch, step, kick, Coaster step, Step, touch, step, kick, 1/4 turn L Chassé

1 &            RF step fwd – L toe touch behind  
2 &            LF step back – RF kick fwd  
3 & 4          RF step back – LV close – RF step fwd  
5 &            LF step fwd – R toe touch behind  
6 &            RF step back – LF kick fwd  
7 & 8          LF step 1/4 L – RF close - LF step L side

Start over and enjoy!

Restart: In the 4e wall after 16 counts