

# If This Is It

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BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Kathy Kearey (AUS) - September 2021  
音樂: 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 R, L, R  
5-6            Step/rock L to side, recover onto R  
7&8            Cross shuffle L, R, L

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

9-10            Turn ¼ to left stepping R back, turn ½ to left stepping L forward  
11&12            Shuffle forward R, L, R  
13-14            Step L forward, recover onto R  
15&16            Step L back, step R back, 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 ROCK BACK SHUFFLE, SIDE ROCK FORWARD SHUFFLE**

25-26            Step/rock R to side, recover onto L  
27&28            Shuffle back R, L, R  
29-30            Step/rock L to side, recover onto R  
31&32            Shuffle forward L, R, L

**REPEAT**

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