

# If Not For You

拍數: 40                      牆數: 2                      級數: Improver  
編舞者: Alison Johnstone (AUS) & Joshua Talbot (AUS) - October 2022  
音樂: 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

Alison Johnstone - +61 404 445 076 [alison@nulineance.com](mailto:alison@nulineance.com)  
Joshua Talbot - +61 407 533 616 [jbtalbot@iinet.net.au](mailto:jbtalbot@iinet.net.au)

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