

# If You're Not

拍數: 48      牆數: 4      級數: Improver  
編舞者: Rhian Watkins (UK)  
音樂: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



## RIGHT AND LEFT KICKBALL TOUCH WITH TOUCHES LEFT AND RIGHT

- 1&2      Kick right foot forward, step in place with right foot, touch left foot next to right
- 3-4      Touch left foot out to left side, touch left next to right foot
- 5&6      Kick left foot forward, step in place with left foot, touch right foot next to left
- 7-8      Touch right foot out to right side, touch right next to left foot

## KICKS AND STEPS FORWARD

- 1-2      Touch right foot to right side, kick right forward
- 3-4      Touch right to right side, step forward on right
- 5-6      Touch left to left side, kick left in front of right
- 7-8      Touch left to left side, step forward on left

## ROCK FORWARD AND BACK SHUFFLE, ROCK BACK AND SHUFFLE FORWARD

- 1-2      Rock forward on right, step back on left
- 3&4      Right shuffle back right, left, right
- 5-6      Rock back on left, step forward on right
- 7&8      Left shuffle forward on left, right, left

## ROCK FORWARD AND CROSS SHUFFLE

- 1-2      Rock forward on right, rock back onto left making  $\frac{1}{4}$  turn left
- 3&4      Left crossing shuffle, cross right over left, bring left next to right, step right to left side
- 5-6      Rock to left on left foot, rock back onto right
- 7&8      Right crossing shuffle, cross left over right, bring right next to left, step left to right side

## ROCK TOGETHER CROSSES

- 1&2      Rock to right on right foot, step left next to right, cross right over left
- 3&4      Rock to left on left foot, step right next to left, cross left over right

## SIDE ROCKS AND MODIFIED SAILOR STEP

- 1-2      Rock to right on right foot, rock back onto left
- 3&4      Step right behind left, step left to left side, step right across left
- 5-6      Rock to left side on left foot, rock back onto right
- 7&8      Step left behind right, step right to right side, step left across right

## ROCKS FORWARD AND BACK

- 1-2      Rock forward onto right, rock back onto left
- 3-4      Rock back onto right, rock forward onto left

## REPEAT