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If Not For You

Choreographer: Johnstone & Joshua Talbot

Level: Improver

Count: 40

Wall: 2

Intro: 16 counts, start on the word "YOU"

Music: "If Not For You" By Ronnie Beard

(1-8) Step, Pivot $\frac{1}{2}$, Shuffle. Step, Pivot $\frac{1}{4}$, Cross Shuffle (3.00)

1, 2 Step fwd on Lft, Pivot $\frac{1}{2}$ over Rt
3&4 Step fwd Lft, Step Together Rt (&), Step fwd Lft
5, 6 Step fwd on Rt, Pivot $\frac{1}{4}$ 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 $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{4}$, Cross, Chasse, Rock Back, Recover

1, 2 $\frac{1}{4}$ over Lft step fwd on Lft, $\frac{1}{2}$ over Lft step back on Rt
3, 4 $\frac{1}{4}$ 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 $\frac{1}{4}$, Back Rock, Recover, Toe Strut $\frac{1}{2}$, Back Rock, Recover (6.00)

1, 2 $\frac{1}{4}$ over Lft toe heel drop Rt foot (12.00)
3, 4 Rock back on Lft, Recover on Rt
5, 6 $\frac{1}{2}$ 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 16 then turn to the front stepping on the Left

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