

# If You Are

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Julia Wetzel - June, 2015

**Music:** If You Are by Alyssa Reid (Album: If You Are - Single), 3:03, iTunes Canada only

**Please contact me for the music if you don't reside in Canada**

**--Thanks to Christina Chui for getting this song for me --**

**Intro: 16 counts, start on vocals (approx. 11 seconds into track)**

**[1 - 8] Side Rock, Cross Shuffle, Side, ½, Step, Lock, Step**

- 1, 2**      Rock R to right side (1), Recover on L (2) 12:00
- 3&4**      Cross R over L (3), Step L to left side (&), Cross R over L (4) 12:00
- 5, 6**      Step L to left side (5) (prepare to turn right on L), ½ Turn right step R fw (6) 6:00
- 7&8**      Step L fw (7), Lock R behind L (&), Step L fw (8) 6:00

**\*Restart after here on Wall 3 facing 12:00**

**[9 - 16] Rock, Back, Touch, Back, Touch, Back Rock, ½, Back, Back**

- 1, 2**      Rock R fw (1), Recover on L (2) 6:00
- &3&4**      Step R back (&), Touch L toe fw (3), Step L back (&), Touch R toe fw (4) 6:00
- 5 - 7**      Rock R back (5), Recover on L (6), ½ Turn left step R back (7) 12:00
- 8&**      Step L back (8), Small step back on R (&) (prepare to explode into upcoming ½ turn sweep)  
12:00

**[17 - 24] ½ Sweep, Cross, Back, Lock, Back, ½, Step, ¼ Pivot, Cross, Touch**

- 1, 2**      Strong ½ turn left step L fw sweeping R from back to front (1), Cross R over L (2) 6:00
- 3&4**      Step L back (3), Lock R over L (&), Step L back (4) ) (prepare to turn right on L) 6:00
- 5½ Turn right step R fw (5) 12:00**
- 6&7**      Step L fw (6), Pivot ¼ turn right step R to right side (&), Cross L over R (7) 3:00
- 8**      Touch R next to L (8) 3:00

**[25 - 32] Side Rock, &Point, &Point, Back Sweep, Behind, Side, Cross, Rev. Rolling Turn**

- 1, 2**      Rock R to right side (1), Recover on L (2) 3:00

**&3&4** Step R next to L (&), Point L to left side (3), Step L next to R (&), Point R to right side (4)  
3:00

**5** Step R back and sweep L from front to back (5) 3:00

**6&7** Step L behind R (6), Step R to right side (&), Cross L over R (7) 3:00

**8&¼ Turn left step R back (8), ½ Turn left step L fw (&) 6:00**

**1¼ Turn left rock R to right side (Count 1 of next wall) 3:00**

**Easier Option (8&1): Step R to right side (8), Cross L over R (&), Rock R to right side (1)**

**Restart On Wall 3, dance up to Count 8 (Step L fw facing 12:00), then start Wall 4 facing 12:00**

**Tag At the end of Wall 6, repeat the last 8 counts of the dance (Counts 25 - 32) facing 9:00**

**Contact: [JuliaLineDance@gmail.com](mailto:JuliaLineDance@gmail.com), [www.JuliaWetzel.com](http://www.JuliaWetzel.com)**