

If Not For You

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Count: 40 **Wall:** 2 **Level:** Improver

Choreographer: Alison Johnstone (AUS) & Joshua Talbot (AUS) - October 2022

Music: - Ronnie Beard : (iTunes / Amazon)

Start: 16 counts in on the word "You"

(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 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

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