

**Count:** 64                      **Wall:** 2                      **Level:** Higher Intermediate

**Choreographer:** Esmeralda v.d. Pol & Antoinette Claassens

**Music:** "If " by Sarah Engels. Album: Heartbeat

**Intro: 36 counts from the heavy beat**

**SIDE, BACK ROCK, RECOVER, SIDE, SAILOR STEP, BEHIND, ¼ TURN R, SHUFFLE FWD**

- 1-2&**            Step Right to right side, rock left behind right, recover on right
- 3-4&5**        Step Left to left side, Cross Right behind left, Step Left to Left side, Step Right to right side
- 6&**             Step L behind R, ¼ turn Right-step Right fwd
- 7&8**            Step Left fwd, Step Right next to Left, Step Left fwd

**FWD ROCK, SHUFFLE ½ TURN R, ½ TURN R X2, MAMBO STEP**

- 1-2**            Rock right fwd, Recover on Left
- 3&4**            Shuffle ½ turn Right, R,L,R
- 5-6½ Turn Right-stepping back, ½ Turn Right-stepping fwd**
- 7&8**            Rock Left fwd, Recover on Right, Step Left next to R

**SIDE ROCK & CROSS, SIDE, CROSS, SIDE ROCK & CROSS, SIDE, CROSS**

- 1-2&**            Rock Right fwd, Recover on Left, Step Right over Left
- 3-4**            Step Left to left side, Cross Right over Left
- 5-6&**            Rock Left to Left side, Recover on Right, Cross Left over Right
- 7-8**            Step Right to right side, Cross Left over Right

**ROCK, RECOVER, STEP BACK, ¼ TURN L, STEP FWD, FWD ROCK, COASTER ¼ TURN L**

- 1-2&**            Cross Rock Right fwd, Recover on Left, Step Right back
- 3-4¼ turn Left- step Left fwd, Step Right fwd**
- 5-6**            Rock Left fwd, Recover on Right
- &7-8¼ turn Left-step Left back, Step Right next to Left, Step Left fwd**

**DIAGONALLY LOCKSTEPS R&L, ROCK, RECOVER, TOGETHER, BACK, CROSS**

- 1-2& Step R diagonale fwd, Step Left behind Right, Step R diagonale fwd
- 3-4& Step L diagonale fwd, Step Right behind Left, Step L diagonale fwd
- 5-6 Rock Right fwd, Recover on Left
- &7-8 Step Right next to Left, Step Left back, Step Right Across Left

**STEP BACK, COASTER STEP, STEP ¼ TURN R, CROSS, ¼ TURN, SHUFFLE ¼ TURN L**

- 1-2&3 Step Left back, Step Right back, Step Left next to Right, Step Right fwd
- 4&5 Step fwd on Left, ¼ turn R-step Right to Right side, Cross Left over Right

**6¼ Turn left-step Right back**

**7&8¼ Turn Left-step Left to Left side, Step Right next to Left, Step L to Left side**

**FWD STEP, SWEEP CROSS, STAP BACK, STEP BACK, SWEEP CROSS, BACK, ¼ TURN R, STEP ½ TURN R, ¼ TURN R, HIP SWAYS**

- 1-2& Step Right fwd, Sweep en Cross Left over Right, Step Right back
- 3-4& Step Left back, Sweep en Cross Right over Left, Step Left back

**5-6&¼ Turn Right-step Right fwd, Step Left fwd, ½ Turn Right-weight on R**

**7-8&¼ Turn Right-step L to L side sway hip, sway to Right side, Sway Hip to Left side-weight on L**

**CROSS ROCK, RECOVER, TOGETHER, STEP FWD, STEP ½ TURN L, STEP, FULL TURN, ROCK & CROSS**

- 1-2& Cross Rock Right fwd, Recover on Left, Step Right next to Left
- 3-4&5 Step Left fwd, Step Right fwd, ½ Turn Left-weight on Left, Step Right fwd

**6&½ Turn right-step Left back, ½ Turn Right-step Right fwd**

- 7&8 Rock Left to Left side, Recover on Right, Cross Left over right