

# IF U SEEK

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** David Thomas (Apr 09)

**Music:** If U Seek Amy by Britney Spears (CD: Circus)

## Start dancing on lyrics

### Side Drag & Cross Hold, & Behind & Cross & Cross & Cross

- 1-2** Step right to side, drag left together
- &3-4** Step left together, cross right over left, hold
- &5&6** Step left to side, cross right behind left, step left to side, cross right over left
- &7&8** Step left to side, cross right over left, step left to side, cross right over left

### Rock $\frac{1}{4}$ Turn, Full Turn Back, Coaster Step, Side Stomp Hold

- 1-2** Turn  $\frac{1}{4}$  left and rock left forward, recover to right
- 3-4** Turn  $\frac{1}{2}$  left and step left forward, turn  $\frac{1}{2}$  left and step right back
- 5&6** Step left back, step right together, step left forward
- 7-8** Stomp right to side, hold

### Back Rock Recover Side Step Kick Hold, $\frac{1}{2}$ Turn, $\frac{3}{4}$ Turn Right -Right Lock Right

- 1&2** Rock left diagonally back, recover on right, step left to side
- 3-4** Cross/kick right over left, hold (while right leg is still raised across left)
- 5-6** Turn  $\frac{1}{2}$  right and step right to side, turn  $\frac{3}{4}$  right and step left to side
- 7&8** Step right forward, lock left behind right, step right forward

### (&) Prissy Walks Forward X4, Step Hold, Pivot $\frac{1}{2}$ Turn, Hold

- &1-2** Lock left behind right, cross right over left, cross left over right
- 3-4** Cross right over left, cross left over right
- 5-6** Step right forward, hold
- 7-8** Turn  $\frac{1}{2}$  left (weight to left), hold

### Crossing Mambo Twice, $\frac{1}{2}$ Turn, $\frac{3}{4}$ Turn Right, Right Shuffle Forward

- 1&2** Cross/rock right over left, recover to left, step right in place

- 3&4** Cross/rock left over right, recover to right, step left in place
- 5-6** Turn  $\frac{1}{2}$  right and step right to side, turn  $\frac{3}{4}$  right and step left to side
- 7&8** Step right forward, step left together, step right forward

### **Kick & Point, & Kick Back Touch, Hitch Forward $\frac{1}{2}$ Turn Back, Body Roll**

- 1&2** Kick left forward, step left together, point right to side
- &3&4** Step right together, kick left forward, step left back, touch right toe back
- 5-6** Hitch right knee, turn  $\frac{1}{2}$  right and step right forward
- 7&8** Hold (body roll down and up, weight to right)

### **Easier option for counts 7&8: hip bumps left, right, left**

### **Side Rock Recover, Cross Hold, Back Back Hold, Jump Forward Hold**

- 1-2** Rock left to side, recover to right
- 3-4** Cross left over right, hold
- &5-6** Step right back, step left back (pushing hips back and leaning forward), hold
- 7-8** Jump both feet forward (straightening body), hold

### **Back Back Hold, Jump Forward Hold, Syncopated Rocking Chair Turn $\frac{1}{4}$ Right**

- &1-2** Step right back, step left back (pushing hips back and leaning forward), hold
- 3-4** Jump both feet forward (straightening body), hold
- 5&6&** Turn  $\frac{1}{8}$  right and rock right to side, recover to left, rock right back, recover on left
- 7&8&** Turn  $\frac{1}{8}$  right and rock right to side, recover to left, rock right back, recover on left

### **Repeat**