

# 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



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## **(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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