

IF NOT FOR YOU

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

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

Music: If Not for You by Ronnie Beard. Album: Single

INTRO: 16 count. Start on...“You”. Weight on R. No Tags, No Restarts.

STEP, PIVOT 1/2 RIGHT, SHUFFLE, STEP, PIVOT 1/4 LEFT, CROSS SHUFFLE

- 1,2 Step L forward, Pivot ½ right
- 3&4 Step L forward, Step R beside L, Step L forward
- 5,6 Step R forward, Pivot ¼ left
- 7&8 Cross R over L, Step L to left, Cross R over L

SIDE, HOLD-&-SIDE, TOUCH, VINE RIGHT, TOUCH

- 1,2 Step L to left, Hold
- &3,4 Step ball of R beside L, Step L to left, Touch R beside L
- 5,6 Step R to right, Step L behind R
- 7,8 Step R to right, Touch L beside R

ROLLING VINE LEFT, CROSS, CHASSE LEFT, ROCK BACK, RECOVER

- 1,2 Turn ¼ left step L forward, Turn ½ left step R back
- 3,4 Turn ¼ left step L to left, Cross R over L
- 5&6 Step L to left, Step R beside L, Step L to left
- 7,8 Rock R back, Recover onto L [**3:00**]

OPTION: Count 1-4 – VINE LEFT, CROSS

1/4 LEFT TOE STRUT BACK, ROCK BACK, RECOVER, 1/2 RIGHT TOE STRUT BACK, ROCK BACK, RECOVER

- 1,2 Turn ¼ left touch R toe back, Drop heel to floor [**12:00**]
- 3,4 Rock L back, Recover onto R
- 5,6 Turn ½ right touch L toe back, Drop heel to floor [**6:00**]
- 7,8 Rock R back, Recover onto L

WALK, WALK-OUT-OUT, TOUCH, STOMP, HOLD, BACK ROCK, RECOVER

- 1,2 Step R forward, Step L forward
- &3,4 Step R to right, Step L to left, Touch R beside L
- 5,6 Stomp R to right, Hold
- 7,8 Rock L back, Recover onto R [**6:00**]

40 REPEAT

ENDING – Dance to count on 8 turn to the front and Step L forward

Last Update: 22 Oct 2022