

If You Are

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Julia Wetzel - June, 2015

Music: If You Are by Alyssa Reid (Album: If You Are – Single), 3:03, iTunes Canada only

Please contact me for the music if you don't reside in Canada

--Thanks to Christina Chui for getting this song for me --

Intro: 16 counts, start on vocals (approx. 11 seconds into track)

[1 – 8] Side Rock, Cross Shuffle, Side, ½, Step, Lock, Step

1, 2 Rock R to right side (1), Recover on L (2) 12:00
3&4 Cross R over L (3), Step L to left side (&), Cross R over L (4) 12:00
5, 6 Step L to left side (5) (prepare to turn right on L), ½ Turn right step R fw (6) 6:00
7&8 Step L fw (7), Lock R behind L (&), Step L fw (8) 6:00

*Restart after here on Wall 3 facing 12:00

[9 – 16] Rock, Back, Touch, Back, Touch, Back Rock, ½, Back, Back

1, 2 Rock R fw (1), Recover on L (2) 6:00
&3&4 Step R back (&), Touch L toe fw (3), Step L back (&), Touch R toe fw (4) 6:00
5 - 7 Rock R back (5), Recover on L (6), ½ Turn left step R back (7) 12:00
8& Step L back (8), Small step back on R (&) (prepare to explode into upcoming ½ turn sweep) 12:00

[17 – 24] ½ Sweep, Cross, Back, Lock, Back, ½, Step, ¼ Pivot, Cross, Touch

1, 2 Strong ½ turn left step L fw sweeping R from back to front (1), Cross R over L (2) 6:00
3&4 Step L back (3), Lock R over L (&), Step L back (4) (prepare to turn right on L) 6:00
5 ½ Turn right step R fw (5) 12:00
6&7 Step L fw (6), Pivot ¼ turn right step R to right side (&), Cross L over R (7) 3:00
8 Touch R next to L (8) 3:00

[25 – 32] Side Rock, &Point, &Point, Back Sweep, Behind, Side, Cross, Rev. Rolling Turn

1, 2 Rock R to right side (1), Recover on L (2) 3:00
&3&4 Step R next to L (&), Point L to left side (3), Step L next to R (&), Point R to right side (4) 3:00
5 Step R back and sweep L from front to back (5) 3:00
6&7 Step L behind R (6), Step R to right side (&), Cross L over R (7) 3:00
8& ¼ Turn left step R back (8), ½ Turn left step L fw (&) 6:00
1 ¼ Turn left rock R to right side (Count 1 of next wall) 3:00

Easier Option (8&1): Step R to right side (8), Cross L over R (&), Rock R to right side (1)

Restart On Wall 3, dance up to Count 8 (Step L fw facing 12:00), then start Wall 4 facing 12:00

Tag At the end of Wall 6, repeat the last 8 counts of the dance (Counts 25 - 32) facing 9:00

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