

# If Not For You

**Count:** 40

**Wall:** 2

**Level:** Improver

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

**Music:** If Not for You - Ronnie Beard : (iTunes / Amazon)

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**Start: 16 counts in on the word "You"**

**(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 - TADA!!!!**

**Thank you so much Ronnie Beard for sending me this beautiful track**

**Josh and I absolutely love it**

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