

# IF NOT FOR YOU

**Choreographer:** Alison Johnstone (Nuline) & Joshua Talbot (Aus)  
**Music:** If Not For You by Ronnie Beard Available on I tunes / Amazon  
**Level:** Improver Dance: 2 Wall  
**Counts:** 40 Counts  
**Start:** 16 counts in on the word "You"



## **(1-8) Step, Pivot ½, Shuffle. Step, Pivot ¼, Cross Shuffle (3.00)**

**1, 2** Step fwd on Lft, Pivot ½ over Rt  
**3&4** Step fwd Lft, Step Together Rt (&), Step fwd Lft  
**5, 6** Step fwd on Rt, Pivot ¼ 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 ¼, ½, ¼, Cross, Chasse, Rock Back, Recover**

**1, 2** ¼ over Lft step fwd on Lft, ½ over Lft step back on Rt  
**3, 4** ¼ 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 ¼, Back Rock, Recover, Toe Strut ½, Back Rock, Recover (6.00)**

**1, 2** ¼ over Lft toe heel drop Rt foot **(12.00)**  
**3, 4** Rock back on Lft, Recover on Rt  
**5, 6** ½ 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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