

Count: 64 Wall: 2 Level: Higher Intermediate

Choreographer: Esmeralda v.d. Pol & Antoinette Claassens

Music: "If " by Sarah Engels. Album: Heartbeat

Intro: 36 counts from the heavy beat**SIDE, BACK ROCK, RECOVER, SIDE, SAILOR STEP, BEHIND, ¼ TURN R, SHUFFLE FWD**

- 1-2& Step Right to right side, rock left behind right, recover on right
 Step Left to left side, Cross Right behind left, Step Left to Left side, Step Right to right side
 3-4&5
 6& Step L behind R, ¼ turn Right-step Right fwd
 7&8 Step Left fwd, Step Right next to Left, Step Left fwd

FWD ROCK, SHUFFLE ½ TURN R, ½ TURN R X2, MAMBO STEP

- 1-2 Rock right fwd, Recover on Left
 3&4 Shuffle ½ turn Right, R,L,R
 5-6 ½ Turn Right-stepping back, ½ Turn Right-stepping fwd
 7&8 Rock Left fwd, Recover on Right, Step Left next to R

SIDE ROCK & CROSS, SIDE, CROSS, SIDE ROCK & CROSS, SIDE, CROSS

- 1-2& Rock Right fwd, Recover on Left, Step Right over Left
 3-4 Step Left to left side, Cross Right over Left
 5-6& Rock Left to Left side, Recover on Right, Cross Left over Right
 7-8 Step Right to right side, Cross Left over Right

ROCK, RECOVER, STEP BACK, ¼ TURN L, STEP FWD, FWD ROCK, COASTER ¼ TURN L

- 1-2& Cross Rock Right fwd, Recover on Left, Step Right back
 3-4 ¼ turn Left- step Left fwd, Step Right fwd
 5-6 Rock Left fwd, Recover on Right
 &7-8 ¼ turn Left-step Left back, Step Right next to Left, Step Left fwd

DIAGONALLY LOCKSTEPS R&L, ROCK, RECOVER, TOGEHTER, BACK, CROSS

- 1-2& Step R diagonale fwd, Step Left behind Right, Step R diagonale fwd
 3-4& Step L diagonale fwd, Step Right behind Left, Step L diagonale fwd
 5-6 Rock Right fwd, Recover on Left
 &7-8 Step Right next to Left, Step Left back, Step Right Across Left

STEP BACK, COASTER STEP, STEP ¼ TURN R, CROSS, ¼ TURN, SHUFFLE ¼ TURN L

- 1-2&3 Step Left back, Step Right back, Step Left next to Right, Step Right fwd
 4&5 Step fwd on Left, ¼ turn R-step Right to Right side, Cross Left over Right
 6 ¼ Turn left-step Right back
 7&8 ¼ Turn Left-step Left to Left side, Step Right next to Left, Step L to Left side

FWD STEP, SWEEP CROSS, STAP BACK, STEP BACK, SWEEP CROSS, BACK, $\frac{1}{4}$ TURN R, STEP $\frac{1}{2}$ TURN R, $\frac{1}{4}$ TURN R, HIP SWAYS

- 1-2& Step Right fwd, Sweep en Cross Left over Right, Step Right back
- 3-4& Step Left back, Sweep en Cross Right over Left, Step Left back
- 5-6& $\frac{1}{4}$ Turn Right-step Right fwd, Step Left fwd, $\frac{1}{2}$ Turn Right-weight on R
- 7-8& $\frac{1}{4}$ Turn Right-step L to L side sway hip, sway to Right side, Sway Hip to Left side-weight on L

CROSS ROCK, RECOVER, TOGETHER, STEP FWD, STEP $\frac{1}{2}$ TURN L, STEP, FULL TURN, ROCK & CROSS

- 1-2& Cross Rock Right fwd, Recover on Left, Step Right next to Left
- 3-4&5 Step Left fwd, Step Right fwd, $\frac{1}{2}$ Turn Left-weight on Left, Step Right fwd
- 6& $\frac{1}{2}$ Turn right-step Left back, $\frac{1}{2}$ Turn Right-step Right fwd
- 7&8 Rock Left to Left side, Recover on Right, Cross Left over right