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| --- | --- |
| If U Seek |  |

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| . | | | | | | |
| **Count:** | 64 | **Wand:** | 2 | **Ebene:** | Intermediate | . |
| **Choreograf/in:** | David Thomas (SCO) - April 2009 | | | | |
| **Musik:** | If U Seek Amy - Britney Spears : (CD: Circus) | | | | |
| . | | | | | | |

**Start dancing on lyrics**

**Side Drag & Cross Hold, & Behind & Cross & Cross & Cross**

|  |  |
| --- | --- |
| 1-2 | Step right to side, drag left together |

|  |  |
| --- | --- |
| &3-4 | Step left together, cross right over left, hold |

|  |  |
| --- | --- |
| &5&6 | Step left to side, cross right behind left, step left to side, cross right over left |

|  |  |
| --- | --- |
| &7&8 | Step left to side, cross right over left, step left to side, cross right over left |

**Rock ¼ Turn, Full Turn Back, Coaster Step, Side Stomp Hold**

|  |  |
| --- | --- |
| 1-2 | Turn ¼ left and rock left forward, recover to right |

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| --- | --- |
| 3-4 | Turn ½ left and step left forward, turn ½ left and step right back |

|  |  |
| --- | --- |
| 5&6 | Step left back, step right together, step left forward |

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| --- | --- |
| 7-8 | Stomp right to side, hold |

**Back Rock Recover Side Step Kick Hold, ½ Turn, ¾ Turn Right -Right Lock Right**

|  |  |
| --- | --- |
| 1&2 | Rock left diagonally back, recover on right, step left to side |

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| --- | --- |
| 3-4 | Cross/kick right over left, hold (while right leg is still raised across left) |

|  |  |
| --- | --- |
| 5-6 | Turn ½ right and step right to side, turn ¾ right and step left to side |

|  |  |
| --- | --- |
| 7&8 | Step right forward, lock left behind right, step right forward |

**(&) Prissy Walks Forward X4, Step Hold, Pivot ½ Turn, Hold**

|  |  |
| --- | --- |
| &1-2 | Lock left behind right, cross right over left, cross left over right |

|  |  |
| --- | --- |
| 3-4 | Cross right over left, cross left over right |

|  |  |
| --- | --- |
| 5-6 | Step right forward, hold |

|  |  |
| --- | --- |
| 7-8 | Turn ½ left (weight to left), hold |

**Crossing Mambo Twice, ½ Turn, ¾ Turn Right, Right Shuffle Forward**

|  |  |
| --- | --- |
| 1&2 | Cross/rock right over left, recover to left, step right in place |

|  |  |
| --- | --- |
| 3&4 | Cross/rock left over right, recover to right, step left in place |

|  |  |
| --- | --- |
| 5-6 | Turn ½ right and step right to side, turn ¾ right and step left to side |

|  |  |
| --- | --- |
| 7&8 | Step right forward, step left together, step right forward |

**Kick & Point, & Kick Back Touch, Hitch Forward ½ Turn Back, Body Roll**

|  |  |
| --- | --- |
| 1&2 | Kick left forward, step left together, point right to side |

|  |  |
| --- | --- |
| &3&4 | Step right together, kick left forward, step left back, touch right toe back |

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| --- | --- |
| 5-6 | Hitch right knee, turn ½ right and step right forward |

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| --- | --- |
| 7&8 | Hold (body roll down and up, weight to right) |

**Easier option for counts 7&8: hip bumps left, right, left**

**Side Rock Recover, Cross Hold, Back Back Hold, Jump Forward Hold**

|  |  |
| --- | --- |
| 1-2 | Rock left to side, recover to right |

|  |  |
| --- | --- |
| 3-4 | Cross left over right, hold |

|  |  |
| --- | --- |
| &5-6 | Step right back, step left back (pushing hips back and leaning forward), hold |

|  |  |
| --- | --- |
| 7-8 | Jump both feet forward (straightening body), hold |

**Back Back Hold, Jump Forward Hold, Syncopated Rocking Chair Turn ¼ Right**

|  |  |
| --- | --- |
| &1-2 | Step right back, step left back (pushing hips back and leaning forward), hold |

|  |  |
| --- | --- |
| 3-4 | Jump both feet forward (straightening body), hold |

|  |  |
| --- | --- |
| 5&6& | Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left |

|  |  |
| --- | --- |
| 7&8& | Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left |

**Repeat**