

# If You Are

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Julia Wetzel (USA) - June 2015

Music: If You Are - Alyssa Reid : (Album: If You Are - Single - iTunes)



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 □

Contact: [JuliaLineDance@gmail.com](mailto:JuliaLineDance@gmail.com), [www.JuliaWetzel.com](http://www.JuliaWetzel.com)