# If This Is It



Count: 32 Wall: 4 Level: Beginner

Choreographer: Kathy Kearey (AUS) - September 2021

Music: If This Is It - Huey Lewis & The News



## Start: After 32 Count intro

## SIDE ROCK CROSS SHUFFLE x2

1-2 Step/rock R to side, recover onto L

3&4 Cross shuffle R, L, R

5-6 Step/rock L to side, recover onto R

7&8 Cross shuffle L, R, L

# 1/4 TURN, 1/2 TURN, FORWARD SHUFFLE, ROCK FWD RECOVER COASTER STEP

9-10 Turn ¼ to left stepping R back, turn ½ to left stepping L forward

11&12 Shuffle forward R, L, R

13-14 Step L forward, recover onto R

15&16 Step L back, step R back, step L forward

## **ROLLING VINE x2**

17-18	Turn ¼ to right stepping R forward, turn ½ to right stepping L back

19-20 Turn ¼ to right stepping R to side, touch L next to R

21-22 Turn ¼ to left stepping L forward, turn ½ to left stepping R back

23-24 Turn ¼ to left stepping L to side, touch R next to L

## SIDE ROCK BACK SHUFFLE, SIDE ROCK FORWARD SHUFFLE

25-26 Step/rock R to side, recover onto L

27&28 Shuffle back R, L, R

29-30 Step/rock L to side, recover onto R

31&32 Shuffle forward L, R, L

## **REPEAT**