

If You're Not

Count: 48

Wall: 4

Level: Improver

Choreographer: Rhian Watkins (UK)

Music: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



RIGHT AND LEFT KICKBALL TOUCH WITH TOUCHES LEFT AND RIGHT

- 1&2 Kick right foot forward, step in place with right foot, touch left foot next to right
- 3-4 Touch left foot out to left side, touch left next to right foot
- 5&6 Kick left foot forward, step in place with left foot, touch right foot next to left
- 7-8 Touch right foot out to right side, touch right next to left foot

KICKS AND STEPS FORWARD

- 1-2 Touch right foot to right side, kick right forward
- 3-4 Touch right to right side, step forward on right
- 5-6 Touch left to left side, kick left in front of right
- 7-8 Touch left to left side, step forward on left

ROCK FORWARD AND BACK SHUFFLE, ROCK BACK AND SHUFFLE FORWARD

- 1-2 Rock forward on right, step back on left
- 3&4 Right shuffle back right, left, right
- 5-6 Rock back on left, step forward on right
- 7&8 Left shuffle forward on left, right, left

ROCK FORWARD AND CROSS SHUFFLE

- 1-2 Rock forward on right, rock back onto left making $\frac{1}{4}$ turn left
- 3&4 Left crossing shuffle, cross right over left, bring left next to right, step right to left side
- 5-6 Rock to left on left foot, rock back onto right
- 7&8 Right crossing shuffle, cross left over right, bring right next to left, step left to right side

ROCK TOGETHER CROSSES

- 1&2 Rock to right on right foot, step left next to right, cross right over left
- 3&4 Rock to left on left foot, step right next to left, cross left over right

SIDE ROCKS AND MODIFIED SAILOR STEP

- 1-2 Rock to right on right foot, rock back onto left
- 3&4 Step right behind left, step left to left side, step right across left
- 5-6 Rock to left side on left foot, rock back onto right
- 7&8 Step left behind right, step right to right side, step left across right

ROCKS FORWARD AND BACK

- 1-2 Rock forward onto right, rock back onto left
- 3-4 Rock back onto right, rock forward onto left

REPEAT