

# If This Is It

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Barbara Tobin (USA) - August 2019  
音樂: If This Is It - Huey Lewis & The News : (amazon)



Intro: 32 counts, start with weight on L

**(1-8) Chasse, rock, recover, tap behind/2**

1&2      Step R to right, close L, step R to right  
3,4      Rock L back, recover R  
5,6      Step L to left, tap R behind  
7,8      Step R to right, tap L behind

**(9-16) Chasse, rock, recover, tap behind/2**

1&2      Step L to left, close R, step L to left  
3,4      Rock R back, recover L  
5,6      Step R to right, tap L behind  
7,8      Step L to left, tap R behind

**(17-24) Walk forward/kick x2, walk back x2, 1/4 right turn chasse**

1-4      Step R forward, kick L, step L forward, kick R  
5,6      Step R back, step L back  
7&8      1/4 right turn step R to right, close L, step R to right [3:00]

**(25-32) Cross rock front, cross rock side, cross rock back, step tap**

1,2      Cross L over R, recover R  
3,4      Rock L to left, recover R  
5,6      Rock L behind R, recover R  
7,8      Step L to left, tap R next to L

Ending: Music fades as dance finishes facing 6:00. Make 1/2 right turn to face front and pose.

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format. Contact the choreographer with your questions: [barbara.tobin@yahoo.com](mailto:barbara.tobin@yahoo.com) - August 1, 2019