



## If Only

32 Count, 4 Wall, Intermediate (Rolling Count)  
Choreographer: Adrian Lefebour, John Bishop &  
Stephen Paterson (AU) Jan 2018  
Choreographed to: If Only by Teeks.  
Album: The Grapefruit Skies

Track: 3:25mins - 68 BPM

Start dance after 16 counts

There is one easy Restart on wall 3

**Section 1 Side, Behind, Quarter Forward, Step, Half Pivot, Left, Lock, Left Sweep Across, Side, Behind, Rock Side, Recover, Together**

1 2 a Big step right out to side, step left behind right, turn 1/4 right then step right forward (a) 3.00  
3 a Step left forward, pivot 1/2 right taking weight onto right in place (a) 9.00  
4 a 5 Step left forward, lock right up in behind (a), step left forward sweeping right  
6 a 7 Step right across left, step left out to side (a), step right behind left,  
a 8 a Rock step left out to side (a), recover weight onto right in place, step left beside right (a) 9.00

**Section 2 Rock Side, Recover, Three Quarter Together, Rock Forward, recover, Half Forward, Walk, Walk, Walk, Across, Side, Behind**

1 2 a Rock step right out to side, recover weight onto left in place,  
turn 3/4 right stepping right beside left (a) 6.00  
3 4 a Rock step left forward, recover weight back onto right in place,  
turn 1/2 left then step left forward (a) 12.00  
5 6 7 Step right forward slightly across, step left forward slightly across,  
step right forward slightly across  
8 & a\*\* Step left across right, step right out to side (&), step left behind right (a) \*\* 12.00

**Section 3 Right Nightclub Basic, Side, Behind, Quarter Forward, Half Back, Sweep Behind, Side, Cross Rock, Recover, Quarter Forward**

1 2 a Step right out to side, rock step left slightly behind right,  
recover weight onto right in place (a) 12.00  
3 4 a Step left out to side, step right behind left, turn 1/4 left then step left forward (a) 9.00  
5 6 a Turn 1/2 left then step right back sweeping left around, step left behind right,  
step right out to side (a) 3.00  
7 8 a Rock step left across right, recover weight onto right in place,  
turn 1/4 left then step left forward (a) 12.00

**Section 4 Forward, Step, Half Pivot, Forward, Three Quarter Turn, Cross and Click, Step and Sway, Recover, Behind, Side Cross**

1 2 a Step right forward, step left forward, pivot 1/2 right taking weight onto right in place (a), 6.00  
3 4 a Step left forward, turn 1/2 left then step right back, turn 1/4 left then step left out to side (a) 9.00  
5 Step right across left whilst clicking fingers on both hands out to side at waist height  
6 7 Step left out to side swaying hips left, recover weight onto right in place swaying hips right  
8 & a Step left behind right, step right out to side (&), step left across right (a) 9.00

**Restart: On wall 3 (starts facing 6 o'clock) dance up to count 16&a\*\* then restart to 6 o'clock wall**

**Ending: On last wall you will dance up to count 30 (sway left), you'll be facing the back at this point, then recover your weight onto right in place, hinge turn 1/2 left whilst hitching left slightly, big step left out to side, drag the right slowly toward the left.**