

If I Had Any Pride Left At All

32 Count, 4 Wall, Intermediate Choreographer: Marja Urgert & Jan van Tiggelen (NL) Jun 2019

Choreographed to: If I Had Any Pride Left At All by John Berry

Intro: 16 Counts

Sec 1: Side, Behind Cross Rock, Recover, Side, Behind, Side, Cross with a sweep, Cross, 1/4 Turn L, Back Rock, Recover, 1/2 Turn R, Side

1-2&3 RF. Big step to R side - LF. Cross rock behind RF - RF. Recover - LF. Step to L side

RF. Cross behind LF - LF. Step to L side - RF. Cross over LF and sweep LF from back to front

LF. Cross over RF - RF. 1/4 Turn L step back - LF. Rock back (9:00) 6&7 8&1 RF. Recover - LF. 1/2 Turn R step back - RF. Step to R side (3:00)

Sec 2: Together, Step fwd, Side, Together, Step Back, Step Side Sway Hips R, L R, L, Together, Side

LF. Step beside RF - RF. Step fwd - LF. Step to L side

RF. Step beside LF - LF. Step back

5-6-7-8 RF. step to R side sway hips to R - Sway hips to L - Sway hips to R - Sway hips to L

RF. Step beside LF - LF. Step to L side **Tag** &1

Sec 3: Back Rock, Recover, 1/4 Turn L step Back and sweep, Step L Back and sweep, Step R Back and sweep, Coaster Step bwd, Coaster Step fwd

RF. Rock back - LF. Recover - RF. 1/4 Turn L step back and sweep LF from front to back (12:00) 2&3

4-5 LF. Step back and sweep RF from front to back - RF. Step back and sweep LF from front to back

6&7 LF. Step back - RF. Step beside LF - LF. Step fwd

8&1 RF. Step fwd - LF. Step beside RF - RF. Step back

Sec 4: Touch Behind, Unwind, Step-Lock-Step, Step fwd, 1/4 Turn R, Cross, Side, Behind

LF. Touch toe back - 1/2 Turn L (weight on LF) (6:00) 2-3

RF. Step fwd - LF. Lock behind RF - RF. Step fwd 4&5

LF. Step fwd - 1/4 Turn R - LF. Cross over RF (9:00) 6&7

88 RF. Step to R side - LF. Cross behind RF

Start Again

In the 5th wall after count 16 (3:00)

2-3-4& RF. Rock back - LF. Recover - RF. Rock fwd - LF. Recover

Ending: You ending at 12 o'clock, then do RF. Cross over LF and POSE 2



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