

# IF YOU LOVE ME (Really Love Me)

**Music:** Brenda Lee  
Cd:Emotions  
<https://music.apple.com/ca/album/emotions/1391383282>  
Track # 2 Time 2:40 Available from choreographer

**Rhythm:** Slow Two Step **Phase:** V+2U (Cont Trav R Trn + Trn to Rom Sway's)

**Footwork :** Opposite except where (Noted)

**Release Date:** Mars 26

**Choreo:** Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO ABC AB C(9-15) END



## INTRO

**01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;**  
{Wait} Bfly Pos Wall ld ft free wt 4 meas ; ; ; ;

## PART A

**01-04 FENCE LINE w/ ARMSWEEP TWICE ; ; CROSS BODY ; BASIC ENDING ;**

{Fence Line w/ Armsweep x 2} Sd L, -, circg trl arm full CCW (W CW) ifo body, XRif (W XLif) on soft knee, rec L ; Sd R, -, circg trl arm full CW (W CCW) ifo body, XLif (W XRif) on soft knee, rec R to BFLY WALL ; {Cross Body} Sd L, -, slip bk R trng LF, rec L to fc COH (W sd R, -, fwd L trng LF, fwd & sd R contg LF trn to fc M) to BFLY COH ; {Basic Ending} Sd R, -, XLib, rec R (W sd L, -, XRib, fwd L) to BFLY COH ;

**05-08 RIGHT TURN w/ OUTSIDE ROLL ; OP BASIC ENDING ; TWO SWITCHES & Manvrg ; ;**

{Right Trn w/ Outsd Roll} Sd & bk L Xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to Low Bfly WALL ; {OP Basic End} Sd R trng to ½ LF (W RF) rlsng ld hnds to sd & OP LOD, -, XLib (X Rib) rec R ; {2 Switches} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L, fwd R trng to fc ptr (W sd L Xg ifo M, fwd R, fwd L trng to ptr) to ½ OP LOD Manvrg ;

**09-12 CONTINUOUS TRAVELING RIGHT TURNS ; ; FORWARD FACE CLOSE ;**

{Cont Trav Right Trns} Sd & bk L ifo W to CP RLOD, -, X Rib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M fcg DLW ; Fwd R outsd ptr foldg RF ifo W to CP RLOD, -, bk L pivot ½ RF, fwd R cont RF pivot (W bk L trng RF to square w/ptr, -, fwd R pivot ½ RF, bk L cont RF pivot) to end approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, X Rib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M fcg DLW ; {Fwd Fc Cl} Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R, cl L) to BFLY WALL ;

**13-16 ALTERNATE UNDERARM TURNS W – M & W ; ; BASIC ENDING ;**

{Alternate Underarm Trns W – M & W} Sd L raisg jnd ld hnds palm-to-palm, -, X Rib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr) ; [join trl hnds] Sd R comm RF trn undr jnd trl hnds, -, XLif cont ½ RF trn, rec R compg full trn to fc ptr (W sd L raisg jnd trl hnds palm-to-palm, -, X Rib, recl L) ; [rejoin ld hnds] Repeat meas 13 Part C to BFLY WALL ; {Basic Ending} Sd R, -, XLib, rec R (W sd L, -, X Rib, fwd L) to CP WALL ;

## PART B

**01-04 STROLLING VINE & INSIDE ROLL ; ; STROLLING VINE & OUTSIDE ROLL ; ;**

{Strollg Vine & Insd Roll} [SS;SQQ] Sd L, -, X Rib (W sd R, -, XLif), -, Sd & fwd L trng LF raisg ld hnds, -, fwd R, XLif to fc COH (W fwd R across LOD trng LF, -, roll LF under ld hnds L, R to fc ptr) ; {Strollg Vine & Outsd Roll} [SS;SQQ] Sd R, -, XLib (W sd L, -, XRif), -, Sd & fwd R trng RF raisg ld hnds, -, fwd L, XRif to fc WALL (W fwd L across LOD trng RF, -, roll RF under ld hnds R, L to fc ptr) to BFLY WALL ;

**05-08 UNDERARM TURN to rt Hndshk ; rt hnd PATTY CAKE ; lft hnd PATTY CAKE ; BASIC ENDING & Pickg Up ;**

{Underarm Trn} Sd L raisg jnd ld hnds palm-to-palm, -, X Rib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn) to rt Hndshk WALL ; {rt hnd Patty Cake} [w/ jnd rt hnds] Sd R, -, trng ¼ LF rk bk L to OP LOD extend ld arm to sd, rec R trng ¼ RF to fc ptr (W [jng rt hnds] sd L, -, trng ¼ LF rk fwd R extend trl arm to sd, rec L trng ¼ RF to fc ptr) to BFLY WALL ; {lft hnd Patty Cake} [jng lft hnds] Sd L, -, trng ¼ RF rk bk R extend trl arm to sd to LOP RLOD, rec L trng ¼ LF to fcg ptr (W [jng lft hnds] sd R, -, trng RF rk fwd L extend ld arm to sd, rec R trng ¼ LF) to BFLY WALL ; {Basic Ending} Sd R, -, XLib, rec R (W sd L, -, X Rib, fwd L) to BFLY WALL & Pickg Up ;

**09-12 TRIPLE TRAVELER ; ; START HORSESHOE TURN ;**

**{Triple Traveler}** Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (*W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD*) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwdL*) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (*W fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr*) ; **{Start Horseshoe Trn}** Relg trl hnds Sd & fwd R trn to L-OP LOD, -, cont trn thru L to V pos LOD, XRib (*W XLib*) to V pos & raise ld hnds ;

**13-16 FINISH HORSESHOE TURN ; REVERSE UNDERARM TURN to CROSSED ARMS ; TIME STEP TWICE ; ;**

**{Finish Horseshoe Trn}** Circ LF ½ to fc ptr & WALL fwd L, -, R, L (*W circ tightly RF ½ undr jnd hnds fwd R, -, L, R to fc ptr & COH*) to BFLY WALL ; **{Reverse Underarm Trn to Crossed Arms}** Relg trl hnds sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (*W sd L comm LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn*) to crossed arms ifo chest ; **{Time Step x 2}** Sd L w/ hnds extended sd palms up, -, XRib (*W XLib*), rec L to crossed arms ifo chest WALL ; Sd R w/ hnds extende sd palms up, -, XLib (*WXRib*), rec R to BFLY WALL ;

**17-18 TURN INTO ROMANTIC SWAYS ; ;**

**{Trn Into Romantic Sways}** Relsg ld hnds Sd L & swiv LF (*W RF*) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (*W LF*) to fc bring ld hnds btwn ptrs to lead hip, -, sd L, rec R BFLY WALL ;

**PART C**

**01-04 LUNGE BASIC ; ONE SLOW REVERSE RIFF TURN ; LUNGE BASIC ; ONE SLOW RIFF TURN & Pickup ;**

**{Lunge Basic}** Sd L blend to ptr [xtnd ld arms to sd], -, rec R, XLif (*W XRif*) to Low Bfly WALL ; **{One Slow Reverse Riff Trn}** [SS] Sd R raisg ld hnd, -, cl L (*W sd & fwd L comm LF spin, -, cl R compg full RF spin undr jnd hnds*) to BFLY WALL, - ; **{Lunge Basic}** Sd R [xtnd trl arms to sd], -, rec L, XRif to Low Bfly WALL ; **{One Slow Riff Trn}** [SS] Sd L raisg ld hnds, -, cl R (*W sd & fwd R com RF spin, -, cl L compg full RF spin undr jnd hnds*) to CP WALL & Pickup, - ;

**05-08 TRAVELING CROSS CHASSE TWICE to WALL & Manvrg ; ; TRAVELING RIGHT TURN w/ OUTSIDE ROLL to CP ; ;**

**{Trav Cross Chasse x 2 to CP WALL}** Trng sltly LF fwd L to DLC, -, w/ rt shldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to CP WALL Manvrg ; **{Travelg Right Trn w/ Outsd Roll}** Cont trn RF Xg ifo W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (*W fwd R btwn M's ft, -, fwd L, R around M RF*) end CP M fcg DLW ; Fwd R slightly trng RF to fc WALL raisg jnd ld hnd to lead W tm RF, -, sd L, XRif (*W sd & bk L comm tm RF under jnd ld hnds, -, cont tm RF under jnd ld hnds R, L*) end in CP WALL ;

**09-12 TWISTY VINE 3 ; MANUEVER PIVOT 2 to WALL ; TWISTY VINE 3 ; MANUEVER PIVOT 2 to WALL Pickup ;**

**{Twisty Vine 3}** Trng RF sd L, -, XRib, trng LF sd & fwd L LOD to BJO DLW ; **{Maneuvr Pivot 2 to Wall}** Fwd R trng RF to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL ; **{Twisty Vine 3}** Repeat meas 9 Part C ; **{Maneuvr Pivot 2 to Wall}** Repeat meas 10 Part C to Pickup ;

**13-16 TRAVELING CROSS CHASSE TWICE to WALL ; ; UNDERARM TURN ; BASIC ENDING ;**

**{Trav Cross Chasse x 2 to WALL}** Repeat meas 5,6 Part C ; ; **{Underarm Trn}** Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (*W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn*) to BFLY WALL ; **{Basic Ending}** Sd R, -, XLib, rec R ;

**ENDING**

**01-07 SIDE X-CHECK/W DEVELOPE & WAIT ONE MEASURE ; ; [On the Word "Care"] BACK to FACE & HIP ROCKS ;**

**TURN INTO ROMANTIC SWAYS ; ; ONE RIFF TURN ; LEFT LUNGE & EXTEND ARMS ;**

**{X-Check/W Develope}** [SS] Sd R, -, XLif outsd W & DRW checkg, -, (*W sd L, -, XRib fcg DLC, bring L ft up R leg to insd of R knee, extend L ft fwd*) to DRW ; **{~Hold}** Hold One Meas ; ; **{Bk to Fc & Hip Rocks}** Bk R swiv to fc W & Low Bfly, -, rec L rollg lft-hip, rec R rollg rt-hip ; **{Trn Into Romantic Sways}** Repeat meas 17,18 Part B ; ; **{One Riff Trn}** [QQQQ] Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (*W sd & fwd R spin RF, cl L compg full trn undr ld hnds*) to BFLY WALL ; **{Left Lunge & Extend Arms}** [S] Sd L w/ lun action relsg hnds & xtndg both hnds to sd, - ;