

# IF I HAD YOU

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Music: If I Had You by The New Stanton Band  
From the CD album Mirror Lake Pavilion Presents: The New  
Stanton Band

Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Easy Phase IV

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A A B A B A Ending

## ..... INTRODUCTION (Wait 3 Pkup Notes) .....

IN CP LOD WITH LEAD FEET FREE WAIT 3 PKUP NOTES . . .

In clsd pos fcng LOD with lead feet free wait 3 pkup notes . . .

## ..... PART A (8 Measures) .....

THREE-STEP; FWD & RUN 2; PROGRESSIVE BOX;; 2 LEFT TURNS WALL;; BOX W/  
FINISH TO LOD;;

[1] Three forward passing steps with heel lead on steps 1 and 2 rising to toe on step 3 it's fwd L, -,  
fwd R, fwd L; [2] Fwd R, -, fwd L, fwd R; [3 & 4] Fwd L, -, sd R, cl L; Fwd R, -, sd L, cl R;  
[5 & 6] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf  
upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn cl R ending clsd pos fcng wall;  
[7 & 8] Fwd L, -, sd R, cl L; Bk R start slight lf turn toward LOD, -, sd L finish turn to fc LOD, cl R;

## ..... PART B (8 Measures) .....

DIAMOND TURN BLND CP DLC;;; 2 LEFT TURNS BJO LOD CHKNG;; FISHTAIL;  
OUTSIDE SWIVEL & PKUP;

[1 - 4] Fwd L turning lf on diag, -, continue lf turn sd R, bk L with partner outside the M in CBMP;  
Staying in CBMP and turning lf bk R, -, sd L, fwd R outside partner in CBMP; Fwd L turning lf on the  
diag, -, sd R, bk L with the partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R blnd clsd pos  
DLC; [5 & 6] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R  
commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn fwd R bjo pos fcng  
LOD chkng forward progress; [7] XLIB of right but not tightly, as body commences to turn right take  
small step sd R completing 1/4 rf body turn, fwd L with left shldr leading, XRIB of left but not tightly;  
[8] Bk L in CBMP, -, fwd R small step toward LOD picking up W to clsd pos, -; (W from bjo pos fwd R  
swiveling rf on ball of foot to fc LOD, -, fwd L turning lf to picked up pos, -;)

## ..... ENDING (2 Measures) .....

PROGRESSIVE BOX 1/2; STEP SD, CL/POINT;

[1] Fwd L, -, sd R, cl L; [2] Step sd R, -, cl L/point R toward wall, -;