

# IF YOU LOVE ME

Choreographer: Mitsuko Okino Address: 5-25 Dogomidoridai, Matsuyama, Ehime 790-0847, Japan

Email: okino@ta2.so-net.ne.jp Music: "If You Love Me" Artist: Rebecca Winckworth

Rhythm: Bolero Ph : IV+1 (Riff Turn) Speed: Up to 22 MPM Date: Jan.2017 Ver.1.3

Footwork: Opposite, directions for man Sequence : Intro - A - B - C - B - Interlude - C - A - Tag

## Meas

### INTRO

#### **1~ 4 (BFLY FC WALL BOTH LEAD FOOT FREE) WAIT 2 MEAS ;; LUNGE & REV TWIRL TO RLOD ; SHOULDER TO SHOULDER ;**

1-2 Bfly Fc Wall wait 2 meas;;

3 {Lunge & rev twirl} Lunge sd L, -, raising ld hnds rec R leading W twirl LF, XLif (W lunge sd R-, rev twirl L, R);

4 {Shoulder to shoulder} Sd R, -, XLIF(XRIB) to BFLY-SCAR, bk R to Blending CP ;

## Meas

### PART A

#### **1~ 8 (CP) START TRNING BASIC; LUNGE BREAK; FENCE LINE w/ARM; OPEN BREAK; LEFT PASS; FORWARD BREAK; HIP ROCKS; HIP LIFT;**

1 {Start turning Basic} Sd L body rise strong RF **body** trn,-, bk R slip action LF trn, cont LF trn rec fwd L fc COH;

2 {Lunge Break} Sd & fwd R body rise,-, lower on R slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec (W sd & bk L body rise,-, bk R sit line, rec fwd L);

3 {Fence Line w/arm} Sd L (sd R) body rise,-,XRIF of L bent knee right arm circle CCW (CW) in front of body, rec bk L ;

4 {Open Break} Sd R trailing hnds out to side,-, bk L lowering, rec fwd R (W sd L,-, bk R, rec L);

5 {Left Pass} Fwd L to Contra/scar comm to trn W RF,-, bk R w/slipping action, fwd L trng LF to fc ptr (W fwd R trng RF w/back to M,-, sd & fwd L with strong LF trn, bk R) LOP-FCG WALL;

6 {Fwd Break} Sd & fwd R body rise,-, fwd L with contra ck like action, rec bk R;

7 {Hip Rocks} Blend CP rk sd L hip roll LF,-, rec R hip roll RF, sd L hip roll LF;

8 {Hip Lift} Sd R,-, slight pressure on left foot lift hip, lower left hip;

## Meas

### PART B

#### **1~ 9 SPOT TURN TO HANDSHAKE; SHADOW NEW YORKER; X HAND UNDERARM TRN; BREAK BACK M'S HEAD LOOP; SYNC BOLERO WALKS; FWD & CHAIR REC; SYNC SPOT TURN; (BFLY/WALL) SLOW HIP ROCKS; LUNGE BREAK;**

1 {Spot Turn} Sd L w/body rise, -, fwd & across R trng LF, cont LF trn fwd L to fc ptr & WALL to handshake;

2 {Shadow New Yorker} R hnds joined sd R, -, ck thru L to fc RLOD, bk R to fc joining L hnds under R;

3 {X Hand Underarm Turn} Sd L raising R hnds, -, raising L hnds & lowering R hnds XRIB, rec L leaving L hnds high & R hnds low (W/ slight RF trn sd & fwd R, -, fwd L trng RF to fc RLOD, fwd & sd R to fc ptr);

4 {Break Bk M's Head Loop} Sd R raising L hnds and looping over M's head lowering hnds to M's shoulder & releasing both hnds, -, brk bk L, rec fwd R to ½ OP LOD ;

SQ&Q 5 {Sync Bolero Walks} Raising ld arms forward up and side fwd L rise,-, R/L,R;

6 {Fwd & Chair Rec} Fwd L rise, -, chair R, rec bk L trng RF to fc ptr ;

SQ&Q 7 {Sync Spot Trn} Sd R w/body rise, -, fwd & across L trng RF/cont RF trn fwd R, sd L to fc ptr & WALL ;

SS 8 {Slow Hip Rocks} Rk sd R hip roll LF,-, rec L hip roll RF,-;

9 {Lunge Break} Same as meas.2 of Part A;

**Meas**

**PART C**

**1~ 8 (CP) SYNC TURNING BASIC OVER TRN; CROSS BODY (W SYNC SPIN) FC LOD; (HAND SHAKE) FORWARD BREAK; TOGETHER HEAD LOOP & LUNGE BREAK; RIGHT PASS (FC WALL); FORWARD BREAK; CORTE w/LEG CRAWL; REC,-,TCH,-;**

- SQ&Q 1 {Sync Turning Basic} Sd L body rise strong body RF trn,-, bk R slip action LF trn/ cont LF trn fwd L, fwd & sd R cont LF trn fc Wall (W sd R body rise strong body RF trn,-, fwd L slip action LF trn/bk R cont LF trn, cont LF trn cl L);
- 2 {Cross Body W Sync Spin} Sd & bk L LF trn body rise,-, bk R slip action, fwd L LF trn fc LOD
- ((SQ&Q&) W fwd R body rise,-, fwd L comm LF spin/ cont spin R, L/R fc RLOD) right hnds joined;
- 3 {Forward Break} Sd & fwd R body rise,-, fwd L with contra ck like action, rec bk R;
- S&QQ 4 {Together Head Loop & Lunge Break} Stp tog L right hnds man's over head lowering hnds to M's shoulder & releasing,-/rec bk R, lower on R slight RF body trn lead W bk extend L sd & bk, rise on R slight LF body trn to rec (W stp tog R,-/rec bk L, bk R contra ck like action, rec fwd L);
- 5 {Right Pass} Fwd & sd L comm RF trn raise lead hands to create window, -, XRIB of L cont RF trn, sd L fc WALL (W fwd R,-, fwd L comm LF trn, cont LF trn sd R under raised lead hnds to fc ptr);
- 6 {Forward Break} Sd & fwd R body rise,-, fwd L with contra ck like action, rec bk R;
- S- 7 {Corte w/leg crawl} Blending CP sd & bk L flex L knee blend cuddle position,- (W sd & fwd R,-,left leg up along man's outer thigh with toe pointed to floor),-;
- S- 8 {Rec, Tch} Rec R,-,Tch L,-;

**Meas**

**INTERLUDE**

**1~9 OPENING OUT TWICE;; UNDERARM TURN; BREAK BK OPEN; PREP AIDA; AIDA LINE w/ROCKS; FC & SYNC FRONT VINE; RIFF TRN; SLOW HIP ROCKS;**

- 1-2 {Opening Out} Blend BFLY cl L body rise and body rotate LF,-, lower on L and extend R foot to sd, rise on L body rotate in BFLY(W sd & bk R body rise and body rotate LF match ptr,-, XLIB of R lowering, fwd R in BFLY);  
**CI R body** rise and body rotate RF,-, lower on R and extend L foot to sd, rise on R body rotate in BFLY (W sd & bk L body rise and body rotate RF match ptr,-, XRIB of L lowering, fwd L);
- 3 {Underarm Turn} Sd L,-, small stp XRIB of L, rec fwd L (W sd R,-, XLIF of R comm RF trn under lead hand, rec fwd R cont RF trn fc COH);
- 4 {Break bk Open LOD} Sd R trng LF,-,bk L, fwd R OP fc LOD;
- 5 {Prep Aida} Fwd L body rise,-, thru R comm RF trn, sd L cont RF trn fc RLOD;
- 6 {Aida Line w/Rocks} Bk R,-, rk fwd L, rec R;
- SQ&Q 7 {Fc & Sync Front Vine} Fwd L 1/4 LF trn fc ptr,-,XRIF of L cont LF trn,/sd L, XRIB;
- QQQQ 8 {Riff Turn} Sd L raising ld hnds, cl R, sd L keeping ld hnds high, cl R (W sd & fwd R comm RF spin, cl L to R spinning RF one trn, fwd R comm RF spin, cl L to spinning RF one trn);
- SS 9 {Slow Hip Rocks} Blend CP rk sd L hip roll LF,-, rec R hip roll RF, -;

**Meas**

**TAG**

**1+ CORTE ;**

- S- 1 {Corte} Sd & Bk L ; hold

\*Because of the speed of the music becomes slow in several parts, you will step to the music and enjoy this beautiful music.