IF YOU LOVE ME

Choreographer: Mitsuko Okino  
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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; 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 tm ;, bk R slip action LF tm, cont LF tm rec fvd L fc COH;
2 {Lunge Break} Sd & fvd R body rise ;, lower on R slight RF body tm lead W bk extend L sd & bk, rise on R slight LF body tm to rec (W sd & bk L body rise ;, bk R sit line, rec fvd L);
3 {Fence Line w/arm} Sd L(sd R) body rise ;, XRIF of L bent knee 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 fvd 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, fvd L trng LF to fc ptr (W fvd R trng RF w/back to M ;, sd & fvd L with strong LF tm, bk R) LOP-FCG WALL;
6 {Fwd Break} Sd & fvd R body rise ;, fvd 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 UNDER ARM 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 ;, fvd & across R trng LF, cont LF tm fvd 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 Under Arm 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 tm sd & fvd R ;, fvd L trng RF to fc RLOD, fvd & 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 fvd L to ½ OP LOD ;
SQ&Q 5 {Sync Bolero Walks} Raising ld arms forward up and side fvd L rise ;, R/L ;
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 ;, fvd & across L trng RF/cont RF tm fvd 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;
If You Love Me

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 (HAND SHAKE) FORWARD BREAK; TOGETHER HEAD LOOP & LUNGE BREAK;
3 [Right Pass] Fwd & sd L comm RF trn raise lead hands to create window, RF, XRIB of L cont RF trn, sd L fc WALL;
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 cl like action, rec fwd L);
5 [Forward Break] Sd & fwd R body rise, rec L with contra cl like action, rec bk R;
6 [Forward Break] Sd & fwd R body rise, rec L with contra cl like action, rec bk R;
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);
8 [Rec, Tch] Rec R, Tch L;

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, XLIF of R lowering, fwd R in BFLY);
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 LOD;
6 [Aida Line w/Rocks] Blk R, r, fwd L, rec R;
7 [Fc & Sync Front Vine] Fwd L 1/4 LF trn fc ptr, XRIF of L cont LF trn, sd L, XRIB;
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);
9 [Slow Hip Rocks] Blend CP rk sd L hip roll LF, rec R hip roll RF, -;

TAG

1+ [Corte ];
2 [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.