

IF I LOVE YOU

MARCH, 1995

By EDDIE & AUDREY PALMQUIST, Lake Forest, CA.

RECORD: Special Pressing (flip Amor Rumba) Contact choreographers Suggested Tempo: 41-42  
SEQUENCE: INTRO, A, A, B, A, A, B1-19 TAG PHASE VI FOXTROT

INTRODUCTION

- 1-4 MOD SCP LOD WAIT 1 MEAS; CHAIR, RECOV, SLIP PIVOT; DBLE REV SPIN; CHG OF DIRECTION;  
1 Mod SCP LOD lead hds joined trailing arms extended off shoulder twd RLOD looking LOD wt on M's L & W's R WAIT 1 meas;  
2 (Chair REcov Slip) Thru R relax knee, -, Recov L, Bk R toe in pivot LF (W thru L, -, Recov R, SQQ Trn LF to fac M with L held fwd pivot LF on L) CP DLC;  
3 (Dble Rev Spin) Fwd L trn LF, -, Sid & Bk R DLC, spin LF on R to DLW tch L to R (W Bk R SQ&Q trn LF, -, Close L to R heel trn on R/Fwd R DLW, Trn LF XLIF of R);  
4 (Change of Direction) CP DLW Fwd L start LF trn, -, cont trn Sid & Fwd R edge of R toe SS DLW cont trn draw L tch R CP DLC, -;

PART A

- 1-8 TELESPIN TO SCP;; NAT FALLAWAY WEAWE;; REVERSE WAVE;; TIPPLE CHASSE TO HOVER X;;  
1-2 (Full Telespin SCP DLW) CP DLC Fwd L trn LF, -, sid R DLC, sid & slightly bk L partial wt SQQ (W Bk R, heel trn clos L to R, sid & fwd R LOD SCP); Transfer wt to L trn LF lead W fwd & QQS around M, sid & Fwd R DLC CP, cont trn sid & fwd L DLW in SCP, -(W fwd L/R ard M, clos L to R on toes fac M, sid & fwd R DLW SCP, -);  
3-4 (Natural Fallaway Weave from SCP) Fwd R DLW commence RF trn, -, sid & fwd L DLW, sid & bk SQQ R DLC still in SCP; Bk L DLC, Bk R DEC trn LF, sid & fwd L, fwd R BJO DLW (SCP thru L | XXXX trn RF, -, Side R point between M's feet, sid & bk L DLC still in SCP; Bk R, pivot LF on R fwd L to CP, sid & bk R DLW, bk L DLW Contra Bjo);  
5-6 (Rev Wave) (Contra Bjo) Fwd L blend CP commence LF trn, -, cont LF trn sid & bk R, bk L SQQ DLW (W bk R trn LF, -, bring L to R heel trn on R trans wt to L, Fwd R); Bk R DLW commence SQQ LF curve, -, cont curve to fac RLOD bk L, R (W fwd L, -, R, L);  
7-8 (Tipple Chasse to Hover X) CP RLOD Bk L trn RF fac COH, -, curve RF to fac DLC sid R/clos SQ&Q L, sid R sway L prepare to step outside W, -; Blend Contra SCAR fwd L X thighs, recover R, XXXX sid & fwd L DLC, Fwd R in Contra Bjo DLC (W sway rt BK R Contra SCAR, Recov L, sid BK R DLC, BK L Contra Bjo);

REPEAT 1-8 PART A

PART B

- 1-8 BOUNCE FALLAWAY & SLIP PIVOT; CURVING 3-STEP; OUTSIDE CHECK; RT CHASSE TO CONTRA CHECK & SWITCH;; NAT TWIST TRN HOVER TO SCP;; FEATHER FINISH;  
1 (Bounce Fallaway & Slip Pivot) Contra Bjo DLC Fwd L trn LF heel soft flex knee, -on & S&S ct rise on L & sid & bk R on toe DLC, lower on R bk L X thighs soft flex of knee rise on L draw R past L closing W, -on & ct pivot LF CP DLW (W bk R trn LF flex knee, -on & ct rise & sid & bk L on toe, lower on L XRIB of L flex knee rise on R/pivot on ball of R face M leave L IF of R no wt, -on & ct pivot LF on L toe); NOTE: Bounce Fallaway is soft 'down up down up' action.  
2 (Curving 3-step) CP DLW Fwd L trn LF, -, cont LF trn fwd R COH, rise on R trn to face DRC SQQ place L IF of R sway Lt & look Lt (on all toes) (W bk R trn LF, -, cont trn bk L rise, place R bk of L on all toes look rt & sway rt; (Note: W's head trns to rt between cts 2 & 3)  
3 SQQ (Outside Check) Bk R DLW, -, sid & fwd L DRW, Fwd R Contra Bjo RLOD;  
4-5 (Rt Chasse to Contra Check & Switch) Bk L trn LF fac COH, -, sid R/clos L, sid R CP DLC; SQ&Q Fwd L X thighs slight LF trn check, -, Recov R rise trn RF, slip L bk end CP DLW R fwd SQQ no wt (W Bk R X thighs on ball keep heel off floor, -, Recov L trn RF, slip R fwd CP leave L bk no wt);  
6-7 (Nat Twist Trn Hover SCP) Fwd R DLW trn RF, -, sid L DLW/Q RXIB of L on toe, twist trn RF SQ&Q on L heel R toe; small sid R cont trn fac DLW rise & hover, -, Brush L to R, sid & fwd L SQQ SCP DLC (W bk L DLW start trn RF, -, R clos to L Heel Trn/fwd L, R around M; cont trn sid L Rise Hover, -, Brush R to L, sid & fwd R in SCP DLC);  
8 (Feather Finish) Thru R, -, sid & fwd L Lt sid lead, Fwd R Contra Bjo (W thru L, -, trn LF SQQ sid & bk R, bk L Contra Bjo);

PART B CONTINUED

9-12 OPEN TELEMAR; OPEN NATURAL; OUTSIDE SPIN PIVOT TO RUDOLPH RONDE & SLIP;;

9 (Open Telemark)(Contra Bjo DLC)Trn LF on L,-,sid R cont LF trn,sid & fwd L DLW in SCP  
SQQ (W bk R trn LF,-,HEEL TRN on R clos L to R,sid & fwd R DLW SCP);

10 (Open Natural Trn)(SCP DLW)Fwd R start RF trn,-,Con trn sid & bk L,Bk R DLW rt side  
SQQ leading in Contra Bjo(W fwd L,-,Fwd R between M's feet,Fwd L in Contra Bjo);

11-12 (Outside Spin & Pivot to Rudolph Ronde)Contra Bjo DLW Pull L twd R pivot RF,-,Fwd R  
SQQ in Bjo Heel Toe pivot RF,cont pivot on L CP DLC(W fwd R in Contra Bjo around M pivot  
RF,-,cont trn clos L to R,fwd R between M's feet pivot RF);CP DLC fwd R between W's  
SQQ feet relax knee strong turn of hips RF causing W to ARIEL RONDE R leg CW keep L leg  
tucked behind R,-,Recover Bk L,Bk R CP DLC(W step L ARIEL RONDE R CW,-,XRIB of L in  
FALLAWAY, trn LF on R step L fwd to CP)

13-16 Q OPEN REVERSE TRN TO THROWAWAY OVERSWAY;;SIDE HOVER TO SCP;CHAIR,RECOV,SLIP;

13-14 (Q Open Reverse to Throwaway)CP DLC Fwd L trn LF,-,sid & bk R DLC/bk L LOD rt side  
SQ&Q lead,bk R start RF trn;(Throwaway Oversway)Trn LF sid L LOD relax knee look LOD trn  
SS 1/8 LF on L,-,cont body trn to fac LOD extend R leg sway rt twd wall keep top off  
ptnr,-(W trn LF sid & fwd R LOD relax knee look LOD start LF trn bring L to R no wt,-,  
cont body trn slowly trn head to lt extend L leg bk LOD tip of toe on floor stretch  
rt rib cage look well to left,-);

15 (Hover SCP)Trn RF on M's L & W's R keep knee compressed,-,side R RLOD rise & HOVER,  
SQQ Brush L to R side L LOD SCP(W trn RF on R keep knee compressed,-,sid L RLOD rise &  
HOVER,Brush R to L side & fwd R LOD SCP);

16 (Chair & Slip)Thru R LOD(W thru L follow M's leg)relax knee,-,Recover L, rise & slip R  
SQQ bk small step on Ball pivot LF 1/8(W recover on R rise trn LF to face M leave L fwd,  
step L pivot LF)CP DLC;

17-20 CLOSED TELEMAR; NATURAL TURN; CLOSED IMPETUS; FEATHER FINISH;

17 (Clos Telemark)CP DLC Fwd L trn LF,-,sid R DLC, trn on ball of R step sid L DLW Contra  
SQQ Bjo(W bk R trn LF,-,Heel Trn on R close L to R,cont trn on L sid & bk R DLW Contra Bjo)

18 (Natural Trn)Fwd R trn RF,-,sid L DLW,cont RF trn on L step bk R LOD(W bk L trn RF,-,  
SQQ Heel Trn on L close R to L face LOD,Fwd L LOD CP);

19 (Closed Impetus)Bk L LOD start trn RF,-,Heel Trn on L close R to L,continue RF trn  
SQQ sid & bk L end CP DLW(W fwd R start RF trn heel to toe,-,sid L DLW toe,cont RF trn  
Brush R to L fwd R DRC CP);

20 (Feather Finish)Bk R DRC,-,sid L toe points DLC,Fwd R in Contra Bjo DLC left sid lead  
SQQ (W fwd L DRC,-,sid & bk R,Bk L in Contra Bjo rt sid lead);

REPEAT A,A,B 1-19

TAG - MEASURE 20

20 HINGE - Bk R DRC trn LF,-,sid L DRC,relax knee trn 1/8 LF sway rt extend R leg(W fwd L  
SQQ DRC trn LF,-,sid R DRC Q XLIB of R,lower on L extend R look lt);

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