



IF YOU NEED ANYTHING

Music : If you need anything down here – Travis Denning

Choreographer : Chrystel DURAND (march 2024)

Description : 32 counts, 2 walls, tags, restart

Level : Intermédiate

Intro : 2 x 8

&1-8 TOUCH, SIDE, ROCK BACK, ROCK SIDE, RECOVER WITH ½ TURN, STEP FWD, ½ TURN L, ½, TURN L, 1/2 TURN L, SWEEP, BEHIND SIDE CROSS, SIDE

&1	Touch right next to left, step right to right side	
2&	Rock left back, recover on left	
3&4	Rock left on left side, ¼ turn right recovering on right, step left forward	3.00
5&	½ turn left stepping right back, ½ turn left stepping left forward	3.00
6&	½ turn left stepping right back, sweep left around from front to back	9.00
7&8&	Cross left behind right, step right to right side, cross left over right, step right to right side	

9-16 & CROSS ROCK & CROSS ROCK, TOGETHER, CROSS, SIDE, SAILOR ¼ TURN, TOGETHER

1-2&	Rock left cross over right, recover on right, step left to left side	
3-4&	Rock right cross over left, recover on left, step right to right side	
5-6	Cross left over right, step right to right side	
7&8&	Cross left behind right, ¼ turn left stepping next to left, step left forward, step right next to left	6.00

17-24& STEP L FORWARD, ½ DIAMOND, STEP ½ STEP, SWEEP, CROSS, SIDE

1	Step L forward	
2&3	Cross right over left, 1/8 turn right stepping left slightly to left side, step right back	7.30
4&5	Step left back, ¼ turn right stepping right to right side, step left forward	10.30
6&7	Step right forward (10.30), ½ turn left, step right forward	7.30
&8&	(face at 6.00) sweep L from back to front, cross left over right, step right to right side	6.00

25-32 CROSS, ¼ TURN R, STEP ½ TURN, SHUFFLE FORWARD, STEP R FORWARD, STEP ¼ TURN CROSS

1	Cross left over right	
2	¼ turn right stepping right forward	9.00
3&	Step left forward, ½ turn right (weight on right)	3.00
4&5	Step left forward, step right next to left, step left forward	
6	Step right forward	
7&8	Step left forward, ¼ turn right, cross left over right	6.00

TAG : at the end of wall 1(face at 6.00) and wall 2 (face at 12.00) add the 8 followings steps

1-8 STEP TOUCH BACK SWEEP, BEHIND SIDE CROSS, STEP TOUCH BACK SWEEP, BEHIND SIDE CROSS

1&2&	Step right diagonally right forward, touch left next to right, step left back, sweep R around from front to back
3&4	Cross right behind left, step left to left side, cross right over left
5&6&	Step left diagonally left forward, touch right next to left, step right back, sweep L around from front to back
7&8	Cross left behind, step right to right side, cross left over right

RESTART : on wall 3, dance the first 24 counts (don't make « & « step right to right side) and restart the dance from the beginning (face at 6.00)

Final : The dance ends face at 12.00 after having done the first two steps from the start of the dance (&1)

HAVE FUN !

