

If You Can

Choreographer: Malene Jakobsen, Denmark
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Type of dance:	42 counts, 2 wall NC2
Level:	Int/adv.
Choreographed to:	Love Me If You Can by Toby Keith from the album Love Me If You Can – available on iTunes, 76 BPM
Intro:	16 counts - dance begins with weight on L
Bridge:	There are two bridges, both 6 counts, on walls 1 and 3 after 26 counts
Restart:	There is one restart, on wall 5 after 8 counts

Counts	Footwork	Facing
1-9	Fwd. rock, 1/4, cross, 1/4, 1/2, pivot 1/4, cross, 1/4, shuffle 1/2 with sweep	
1-2&3	(1) Rock fwd. on R, (2) recover onto L, (&) turn ¼ R stepping R to R, (3) cross L over R	3.00
4&5	(4) Turn 1/4 L stepping back on R, (&) turn 1/2 L stepping fwd. on L, (5) step fwd. on R	6.00
6&7	(6) Turn 1/4 L, (&) cross R over L, (7) turn 1/4 R stepping back on L	6.00
8&1	(8) Turn 1/4 R stepping R to R, (&) step L next to R, (1) turn 1/4 R stepping fwd. on R sweeping L from back to front	12.00
NOTE:	The only restart is here, after count 8 restart from the beginning	
10-17	Cross, side, behind sweep, behind, 1/4, 1/4, behind, side, cross rock, side	
2&3	(2) Cross L over R, (&) step R to R, (3) cross L behind R sweeping R from front to back	12.00
4&5	(4) Cross R behind L, (&) turn 1/4 L stepping fwd. on L, (5) turn 1/4 L stepping R to R	6.00
6-7	(6) Cross L behind R, (7) step R to R	6.00
8&1	(8) Rock L across R, (&) recover onto R, (1) step L to L	6.00
18-25	Cross shuffle, full turn, ball, cross with sweep, cross, back, 1/4, cross rock, side sway	
2&3	(2) Cross R over L, (&) step L slightly L, (3) cross R over L	6.00
4	(4) Sharp full turn L ending up with L crossed over R	6.00
&5	(&) Step R slightly R, (5) cross L over R sweeping R from back to front	6.00
6&7	(6) Cross R over L, (&) step back on L, (7) turn 1/4 R stepping R to R	9.00
8&1	(8) Rock L across R, (&) recover onto R, (1) step L to L and sway L	9.00
26-33	Sway, basic, side, back rock, 1/4, 1/4, cross, 3/4	
2	(2) Sway R	9.00
NOTE:	The bridges are here, on walls 1 and 3, both times facing 9.00	
3-4&	(3) Step L to L, (4) close R behind L, (&) cross L over R	9.00
5-6&	(5) Step R to R, (6) rock back on L, (&) recover onto R	9.00
7-8&	(7) Turn 1/4 R stepping back on L, (8) turn 1/4 R stepping R to R, (&) cross L over R	3.00
1	(1) Turn 1/4 R stepping fwd. on R and continue turning another 1/2 turn R sweeping L around	12.00
34-40	Lock step, pivot 1/2, 1/4, behind sweep, back rock, 1/4, back rock	
2&3	(2) Step fwd. on L, (&) lock R behind L, (3) step fwd. on L – this is the start of a pivot 1/2	12.00
4&5	(4) Turn 1/2 R, (&) turn 1/4 R stepping L to L, (5) cross R behind L sweeping L from front to back	9.00
6&7	(6) Rock back on L, (&) recover onto R, (7) turn 1/4 R stepping back on L	12.00
8&	(8) Rock back on R, (&) recover onto L	6.00
41-42	Step, pivot 1/2	
1-2	(1) Step fwd. on R, (2) turn 1/2 L	12.00
Bridge:	Side, behind, 1/4, pivot 1/2, 1/4, together, cross	
1-2&	(1) Step L to L, (2) cross R behind L (&) turn 1/4 stepping fwd. on L	6.00
3-4&	(3) Step fwd. on R, (4) turn 1/2 L, (&) turn 1/4 L stepping R to R	9.00
5-6	(5) Step L next to R, (6) cross R over L	9.00