

# If It Ain't Love



Competition Step Sheet

**DIVISION: Novice Junior, Teen & Young Adult**

Description: 32 Counts, 4 Walls, Street, Non-Country  
Choreographer: Jenny Stephenson  
Music: If It Ain't Love by Jason Derulo  
Album: If It Ain't Love (Single)  
Count-in: 16 Count Intro  
Note: There is a restart on Wall 5. See note below. Dancers will dance Wall 1 Vanilla, Wall 2 Vanilla, Wall 3 Variation, Wall 4 Vanilla, Wall 5 (until restart) Vanilla, Wall 6 Variation, Wall 7 Vanilla, V&V to finish

## **1-8 STEP HITCH, STEP HITCH ¼ TURN, COASTER STEP, L ROCK AND CROSS**

1,2 Step RF to R side, hitch L leg to the L side  
3,4 Step LF to the L side, making a ¼ turn R hitch R knee up  
5&6 Step RF back, close LF to RF, step fwd on RF  
7&8 Rock LF L side, recover weight to RF, cross LF over RF

## **9-16 UNWIND A FULL TURN, STEP OUT OUT, TRIPLE ON THE SPOT, ¼ TURN, BALL STEP, ROCK RECOVER**

1,2 Unwind a full turn over R shoulder  
3,4 Step RF to R side, step LF foot to L side  
5&6 Keeping feet apart step on R foot, step on L foot, make ¼ turn L stepping onto RF as you hitch L knee up  
&7 Step LF next to RF, step RF to R diagonal,  
8& Rock LF back, Recover weight to RF

\*Restart here on Wall 5. Touch RF beside L on the & count.

## **17-24 VINE LEFT, SIDE STEP ¼ TURN, ¼ TURN ¼ TURN**

1,2,3,4 Step LF to L side, cross RF behind LF, step LF to L side, touch RF next to LF  
5,6 Step RF to R side, make a ¼ turn over R shoulder as you step LF to L side  
7,8 Make a ¼ turn over R shoulder as you step RF to R side, make a ¼ turn over R shoulder as you step LF to L side

## **25-32 BOUNCES, KICK BALL CHANGE, PULL ARMS UP, CIRCLE ARMS, FEET TOGETHER ARMS CROSS CROSS PULL**

1,2 Bring RF to LF as knees bounce to the L diagonal, bounce knees to R diagonal  
3&4 Kick RF fwd, step back with RF, recover fwd onto LF  
5,6 Pull both arms up to right angles, circle arms up and around  
7&8 Bring LF to RF as you cross your R arm in front of your body, cross L arm over R arm, pull both arms out to the side