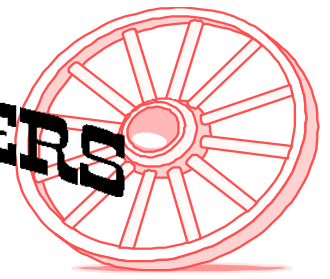




# COUNTRY CLUB DANCERS



## If I Needed You

Dance taught by Paul & Sharon  
Hergert for the Country Club  
Dancers 03-02-2026

Choreographed by: Suzanne Laverdiere (CAN) and Marc Laliberten (CAN)  
Description: 36 count Novice partner circle dance  
Music: *If I Needed You (featuring Anna Wood)* by Steven Wood, 138 bpm,  
Album: *Lay Down Beside Me*, 2024  
Starting Position: Closed Western position, Man faces OLOD, Woman faces ILOD,  
opposite footwork except where noted  
Intro: 18 counts

**[1-8] M: SYNCOPATED RUMBA BOX FWD, SHUFFLE 1/4 TURN R, MAMBO 1/4 TURN L  
F: SYNCOPATED RUMBA BOX BACK, SHUFFLE 1/4 TURN L, MAMBO 1/4 TURN R**

1&2 M: Right foot to the right - Left foot next to the right - Right foot in front

F: Left foot to the left - Right foot next to the left foot - Left foot behind

3&4 M: Left foot to the left - Right foot next to the left foot - Left foot behind

F: Right foot to the right - Left foot next to the right - Right foot in front

5&6 M: Shuffle R, L, R, making a 1/4 turn to the right RLOD

F: Shuffle L, R, L, making a 1/4 turn to the left RLOD

*Position Left Open Promenade facing RLOD*

7&8 M: Rock left foot forward - Return to right foot - 1/4 turn left and left foot to the left OLOD

F: Rock the right foot forward - Return to the left foot - 1/4 turn to the right and right foot to the right ILOD

*Count 8: In open Double Hand Hold position, the man facing OLOD and the woman facing ILOD.*

**[9-16] M: SHUFFLE 1/4 TURN L, SHUFFLE FWD, PINWHEEL SHUFFLE 1/2 TURN R,  
SHUFFLE 1/2 TURN R**

**F: SHUFFLE 3/4 TURN R, SHUFFLE BACK, PINWHEEL SHUFFLE 1/2 TURN R,  
SHUFFLE 1/2 TURN L**

1&2 M: Shuffle R, L R, making a 1/4 turn to the left LOD

F: Shuffle L, R, L, making a 3/4 turn to the right RLOD

*Counts 1&2: The man lifts his left hand and the woman turns underneath, keep right hands low, end in hammerlock position, the man facing LOD and the woman facing RLOD*

3&4 M: Shuffle L, R, L, forward LOD

F: Shuffle R, L, R, moving backwards RLOD

5&6 M: Shuffle R, L, R, making a 1/2 turn to the right RLOD

F: Shuffle L, R, L,, making a 1/2 turn to the right LOD

*We turn together while doing a Pinwheel*

7&8 M: Shuffle L, R, L, making a 1/2 turn to the right LOD

F: Shuffle R, L, R, making a 1/2 turn to the left.

*Count 7: the man lifts his left hand and the woman turns underneath.*

*Count 8: end in Closed Western position, the man facing LOD and the woman facing RLOD*

**[17-18] M: SYNCOPATED ROCKING CHAIR**

**F: SYNCOPATED REVERSE ROCKING CHAIR**

1&2& M: Rock forward on R, Recover on L foot, Rock back on R, Recover on L  
F: Rock back on L, Recover on R, Rock forward on L, Recover on R

**[19-26] M: (SHUFFLE FWD) X2, (SIDE, TOUCH) X2, COASTER STEP**

**F: (SHUFFLE BACK) X2, (SIDE, TOUCH) X2, COASTER STEP**

1&2 M: Shuffle forward R, L, R  
F: Shuffle back L, R, L

3&4 M: Shuffle forward L, R, L  
F: Shuffle back R, L, R

5&6& M: Step R to right side, Touch L next to right foot, Step L to left side, Touch R next to left foot  
F: Step L to left side, Touch R next to left foot, Step R foot to right side, Touch left next to right foot

7&8 M: Step R back, Step L next to right foot, Step R forward  
F: Step L back, Step R next to left foot, Step L foot forward  
Assume the Open Double Hand Hold position facing right shoulder to right shoulder.

**[27-34] M:STEP, PIVOT 1/2 TURN R, STEP, STEP, PIVOT 1/2 L, STEP, STEP, PIVOT 1/4 TURN R - TOGETHER, LARGE SIDE, STOMP**

**F: STEP, PIVOT 1/2 TURN L, STEP, STEP, PIVOT 1/2 R, STEP, STEP - PIVOT 3/4 TURN L, TOGETHER, LARGE SIDE, STOMP**

1&2 M: Step L forward, Pivot 1/2 turn right on R foot, Step L forward RLOD  
F: Step R forward, Pivot 1/2 turn left on L foot, Step R forward LOD

*Count 1 Man releases his left hand and lifts his right and her left , the woman passes underneath raised arms.*

*Count 2: Resume the Open Double Hand Hold position with left shoulder to left shoulder, the man facing RLOD and the woman facing LOD*

3&4 M: Step R forward, Pivot 1/2 turn left on L foot, Step R forward LOD  
F: Step L forward, Pivot 1/2 turn right on R foot, Step L forward RLOD

*Count 3: Man releases his right hand and lifts his left and her right hand, the woman passes underneath.*

*Count 4: Resume Open Double Hand Hold position with right shoulder to right shoulder, the man facing LOD and the woman facing RLOD*

5&6 M: Step L forward, Pivot 1/4 turn right on R foot, Step L next to right foot OLOD  
F: Step R forward, Pivot 3/4 turn left on L foot, Step R next to left foot ILOD

*Count 5: Man releases his left and her right hand and lifts his right and her left hand, the woman passes underneath.*

*Count 6: Resume the Open Double Hand Hold position, with the man facing OLOD and the woman facing ILOD.*

7-8 M: Right foot take large step to right side , Stomp L next to right  
F: Left foot take large step to left side, Stomp R next to left

*Count 8: We take the Closed Western position, the man facing OLOD and the woman facing ILOD*

**[34-36] M: SYNCOPATED ROCKING CHAIR**

**F: SYNCOPATED REVERSE ROCKING CHAIR**

1&2& M: Rock R foot forward, Recover on L, Rock back on R, Recover on  
F: Rock L foot back, Recover on R, Rock forward on L, Recover on R

Start again...