

# If I Only Could

**COPPER KNOB**  
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Kathy Riley (USA) - January 2026

Music: Running Up That Hill (A Deal With God) - Kate Bush



**Restart: 1 (Section 3, after Count 4, on the 9:00 wall)**

**Intro: 16 counts**

☐ **SECTION 1 – Cross Rock, Cha-Cha (1–8)**

- 1 Cross L over R (rock forward)
- 2 Recover R
- 3&4 Cha-cha L–R–L
- 5 Cross R over L (rock forward)
- 6 Recover L
- 7&8 Cha-cha R–L–R

☐ **SECTION 2 – Weave Right, Cross Rock, Cha-Cha (9–16)**

- 1 Cross L over R
- 2 Step R to right side
- 3 Step L behind R
- 4 Step R to right side
- 5 Cross-rock L over R
- 6 Recover R
- 7&8 Cha-cha L–R–L

☐ **SECTION 3 – Kick Ball Side Tap, Kick Ball ¼ Turn, Volta (17–24)**

- 1 Kick R forward & step R beside L
- 2 Tap L to left side
- 3 Kick L forward & step L beside R
- 4 ¼ turn R to face 3:00, tap R side

☐ **Restart here on the 9:00 wall at ~3:17.85 ("If I only could").**

**Restart only happens once, near the end of the track.**

**Volta (Cross-Swivel Walks)**

- 5 Cross R over L & swivel L toe out
- 6 Cross R over L & swivel L toe out
- 7 Cross R over L & swivel L toe out
- 8 Step R diagonally forward

☐ **SECTION 4 – Behind, Side, Cross, ¼ L, Step, ½ Pivot, ¼ R, Rock Back (25–32)**

- 1 Step L behind R
- 2 Step R beside L
- 3 Cross L over R
- 4 ¼ turn left, stepping R forward to face 6:00
- 5 Step L forward
- 6 ½ pivot right to face 12:00, weight R
- 7 ¼ turn right stepping L to face 3:00
- 8 Rock R back (weight R, L free)

☐ **RESTART**

**On the 9:00 wall, restart the dance after Count 4 of Section 3 (Kick-Ball ¼ Turn) when Kate Bush sings "If I only could."**

#### ☐ CHOREOGRAPHER NOTES

I titled this dance If I Only Could because it carries two layers of meaning for me. The song takes me back to the years my tweens and I spent watching Stranger Things together — a tradition that bonded us as they grew up and became young adults. It also echoes a theme from our homeschooling years: when things felt tough, we reminded ourselves, “If I only could... I can, and I will.” That same encouragement carried me into choreographing dances and writing my book, even when I doubted I knew enough. This dance is a reminder not to quit — whether in motherhood, creativity, or anything worth doing.

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