

# If I Only Could

**COPPER KNOB**  
STEPSHEETS

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  $\frac{1}{4}$  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	$\frac{1}{4}$ 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,  $\frac{1}{4}$  L, Step,  $\frac{1}{2}$  Pivot,  $\frac{1}{4}$  R, Rock Back (25–32)

1	Step L behind R
2	Step R beside L
3	Cross L over R
4	$\frac{1}{4}$ turn left, stepping R forward to face 6:00
5	Step L forward
6	$\frac{1}{2}$ pivot right to face 12:00, weight R
7	$\frac{1}{4}$ 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  $\frac{1}{4}$  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.

---