

# 4 You

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Ellen Fyrand (NOR) - January 2024

Musik: For You - Chris Norman



## Intro: 40 Counts

### Sec 1: Side, Together, Chassé, Cross Rock, Shuffle 1/2 Turn L

- 1-2 Step R Foot to Side (1), Step L Foot beside (2)
- 3&3 Step R Foot to Side (3), Step L Foot beside (&), Step R Foot to Side (4)
- 5-6 Cross L Foot in Front (5), Recover to R Foot (6)
- 7&8 1/4 Turn L and Step FW on L Foot (7), 1/4 Turn L and Step R Foot to side (&), Cross L Foot in Front (8) [6:00]

### Sec 2: Side, Together, Chassé, Cross Rock, Shuffle 1/4 Turn L

- 1-2 Step R Foot to Side (1), Step L Foot Beside (2)
- 3&4 Step R Foot to Side (3), Step L Foot Beside (&), Step R Foot to Side (4)
- 5-6 Cross L Foot in Front (5), Recover to R Foot (6)
- 7&8 Turn 1/8 L and Step L foot to side (7), Step R Foot beside (&), Turn 1/8 L and Step F W on L Foot (8) [3:00]

### Sec 3: Side, Back Cross, 1/4 Turn R, Pivot 1/2 Turn R, 1/4 Turn R, Back Cross, Side

- 1-3 Step R Foot to Side (1), Cross L Foot Behind (2), 1/4 Turn R and Step FW on R Foot (3) [6:00]
- 4-5 Step FW on L Foot (4), 1/2 Turn R and Step FW on R Foot (5) [12:00]
- 6-8 1/4 Turn R and Step L Foot to Side (6), Cross R Foot Behind (7), Step L Foot to Side (8) [3:00]

### Sec 4: Rocking Chair, Jazzbox 1/4 Turn R

- 1-4 Rock FW on R Foot (1), Recover to L Foot (2), Rock Back on R Foot (3), Recover to L Foot (4)
- 5-7 Cross R Foot in Front (5), Step Back on L Foot and Start a 1/4 Turn R (6), Compleet the 1/4 Turn R and Step R Foot to Side (7) [6:00]
- 8 Step FW on L Foot (8)

### Sec 5: Rocking Chair, Jazzbox 1/4 turn R

- 1-4 Rock FW on R Foot (1), Recover to L Foot (2), Rock Back on R Foot (3), Recover to L Foot (4)
- 5-7 Cross R Foot in Front (5), Step Back on L Foot and Start a 1/4 Turn R (6), Compleet the 1/4 Turn R and Step R Foot to Side (7) [9:00]
- 8 Cross L Foot in Front (8)

## Enjoy the Music and the Dance