A Song For You (只為你唱) (zh)

Count: 0 **Wall:** 2 **Level:** Intermediate/Advanced
Choreographer: Oli Geir (ICE) & Hugrun (ICE) - 2010年10月
Music: A Song for You - Whitney Houston : (CD: I Look To You)

前奏： Start On First Heavy Beat / Vocals (23 Seconds)
Part A A部份

第一段 **Walk Forward Left & Right. Close, Side Step. L Back Rock, Side Step, R Back Rock. L Step Forward. Step Pivot ½ Turn Right**
走 走-併, 右NC, 左NC, 踏 踏-轉

1-2& Walk forward Left. Walk forward Right. Close Left beside Right.
左足前走, 右足前走, 左足併踏

3-4& Step Right to Right side. Rock Back on Left. Rock forward on Right.
右足右踏, 左足後下沉, 右足回復

5-6& Step Left to Left side. Rock back on Right. Rock forward on Left.
左足左踏, 右足後下沉, 左足回復

7-8& Step forward on Right. Step forward on Left. Pivot ½ turn Right. (facing 6 o'clock) 右足前踏, 左足前踏, 右軸轉180度

第二段 **L Step Forward. Scissors Step R & L. Step ¼ Turn L. Step ½ Turn L. Step ¼ Turn L. L Chasse. 踏, 右剪刀, 左剪刀, 三步轉圈, 左追步**

1-2& Step forward on Left. Step Right to Right Side. Step Left beside Right.
左足前踏, 右足右踏, 左足併踏

3-4& Step Right across Left. Step Left to Left side. Step Right beside Left.
右足於左足前交叉踏, 左足左踏, 右足併踏

5-6& Step Left across Right. Turn ¼ turn Left stepping back on Right. Turn ½ turn Left stepping forward on left.
左足於右足前交叉踏, 左轉90度右足後踏, 左轉180度左足前踏

7-8&1 Turn ¼ turn Left stepping Right to Right side. Step Left to Left side. Step Right beside Left. Step Left to Left side. (facing 6 o'clock)
左轉90度右足右踏, 左足左踏, 右足併踏, 左足左踏(面向6點鐘)

第三段 **R Cross Rock Step. Step ¼ Turn R. Sweep Step Across ¼ Turn R. Side. Step Behind. Sweep Step Behind. Side. Sweep Cross Shuffle.**
交叉下沉 回復, 1/4, 繞交叉, 右, 後, 繞後, 左, 交叉, 繞前, 右, 交叉

2& Rock Right across Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復

3-4& Turn ¼ turn Right stepping forward on Right. Sweep Left out and around from back to front turning ¼ turn Right stepping across Right. Step Right to Right side. (facing 12 o'clock)
右轉90度右足前踏, 左足由後繞至前右轉90度於右足前交叉踏, 右足右踏(面向12點鐘)

5-6& Step Left behind Right. Sweep Right out and around from front to back stepping behind Left. Step Left to Left side.
左足於右足後踏, 右足由前繞至左足後踏, 左足左踏

7-8&1 Step Right across Left. Sweep Left out and around from back to front stepping across Right. Step Right to Right side. Step Left across Right. 右足於左足前交叉踏, 左足由後繞至右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第四段 **R Rumba Box. R Coaster Step. Step Pivot ½ Turn R.**
倫巴方塊, 海岸步, 踏 踏 轉

2& Step Right to Right side. Step Left beside Right.
右足右踏, 左足併踏

3-4& Step forward on Right. Step Left to Left side. Step Right beside Left. 右足前踏, 左足左踏, 右足併踏

5-6& Step back on Left. Step back on Right. Step Left beside Right.
左足後踏, 右足後踏, 左足併踏

7-8& Step forward on Right. Step forward on Left. Pivot ½ turn Right. (facing 6 o'clock) 右足前踏, 左足前踏, 右軸轉180度(面向6點鐘)

TAG: An 4-count Tag is danced AFTER the second pattern of Part A **(Facing 12 o'clock)**
加拍:A部份第二次後, 面向12點鐘時

1-4 Step forward on Left. Hold. Step Right beside Left. Hold.
左足前踏, 候, 右足併踏, 候

Part B B部份

第一段 Side Step. Knee Twist. Kick. Back Rock. Side, Together.
左, 膝轉, 踢, 後下沉 回復, 右 併

1-2 Step Left to Left side. Twist right knee in towards Left.
左足左踏, 右足踵向左旋轉

3-4 Turn Right knee out to right side. Twist Right knee in towards Left.
右膝轉向右, 右膝轉向左

5-6& Low kick Right diagonally Right. Rock Right behind Left. Recover onto Left. 右足右斜角略踢, 右足後下沉, 左足回復

7-8 Step Right to Right side. Step Left beside Right.
右足右踏, 左足併踏

第二段 Side Rock ¼ Turn R. R Shuffle. Step Pivot ½ Turn R. Full Turn R (Travelling Forward) 右下沉 1/4回復, 前交換, 踏 轉, 轉 轉

1-2 Rock Right out to Right Side. Turn ¼ turn Left, recover onto Left.
右足右下沉, 左轉90度左足回復

3&4 Step forward on Right. Step Left beside Right. Step forward on Right.
右足前踏, 左足併踏, 右足前踏

5-6 Step forward on Left. Pivot ½ turn Right.
左足前踏, 右軸轉180度

7-8 Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right. (Facing 3 o'clock)
右轉180度左足後踏, 右轉180度右足前踏(面向3點鐘)

第三段 Step Pivot ¼ Turn R. Toe Touches. Jazz Box ½ Turn L. R Cross Shuffle.
踏 1/4, 膝轉 左點, 爵士方塊轉1/2, 交叉交換

1-2 Step forward on Left. Pivot ¼ turn Right. (Facing 6 o'clock)
左足前踏, 右軸轉90度(面向6點鐘)

3-4 Twist Left knee in touching Left next to Right. Touch Left to Left side. 左膝轉併, 左足左點

5-6 Step Left across Right. Turn ¼ turn Left stepping back on Right.
左足於右足前交叉踏, 左轉90度右足後踏

7-8 Turn ¼ turn Left stepping Left to Left side. Step Right across Left.
左轉90度左足左踏, 右足於左足前交叉踏

&-1 Step Left to Left side. Step Right across Left. (Facing 12 o'clock)
左足左踏, 右足於左足前交叉踏(面向12點鐘)

第四段 Side Rock. Cross Step. Step ¼ Turn Left. Step ½ Turn Left. Right Chasse ¼ Turn Left. 左下沉 回復, 交叉 1/4 1/2, 1/4右追步

2-3 Rock Left to Left side. Recover onto Right.
左足左下沉, 右足回復

4-5 Step Left across Right. Turn ¼ turn Left stepping back on Right.
左足於右足前交叉踏, 左轉90度右足後踏

6 Turn ½ turn Left stepping forward on Left.
左轉180度左足前踏

7&8 Step Right into chasse ¼ turn Left stepping Right, Left, Right. (Facing 12 o'clock) 左轉90度右追步-右, 左, 右(面向12點鐘)

第五段　Mambo Back Rock Left & Right. Cross Rock. Side Step. Together.
後下沉 回復 左, 後下沉 回復 右, 交叉下沉 回復, 左大步 併

1&2　Rock Left behind Right. Rock forward on Right. Step Left to Left side.
左足於右足後下沉, 右足回復, 左足左踏

3&4　Rock Right behind Left. Rock forward on Left. Step Right to Right side. 右足於左足後下沉, 左足回復, 右足右踏

5-6　Rock Left across Right. Rock back on Right.
左足於右足前交叉下沉, 右足回復

7-8　Step Left long step to Left side. Step Right beside Left.
左足左一大步, 右足併踏

RESTART Part B, On 3rd Wall of Part B, Facing 12 o'clock.
B部份第三面牆, 面向12點鐘, 跳至此從頭起跳

Second RESTART: Dance Part A To End Of Song, On 5th Wall of Part B Facing 6 o'clock.
B部份第五面牆, 面向6點鐘, 跳至此從A部份起跳, 跳至結束

第六段　Side Step, Heel Dig. Left Vaudeville. Right Vaudeville.
左, 踵 收 交叉, 右 交叉 右 踵, 左 交叉 左 踵

&1-2　Step Left to Left side. Dig Right heel diagonally Right. Hold.
左足左踏, 右足踵斜角點, 候

&3-4　Step Right beside Left. Step Left across Right. Hold.
右足併踏, 左足於右足前交叉踏, 候

&5　Step on ball of Right to Right side. Step Left across Right.
右足右踏, 左足於右足前交叉踏

&6　Step Right to Right side. Dig Left heel diagonally Left.
右足右踏, 左足踵左斜角前點

&7　Step Left beside Right. Step Right across Left.
左足併踏, 右足於左足前交叉踏

&8　Step Left to Left side. Dig Right heel forward.
左足左踏, 右足踵前點

第七段　Forward Rock. Triple Step Full Turn Left. Forward Rock. Shuffle ½ Turn Right. 併-下沉 回復, 三步左轉圈, 下沉 回復, 轉交換

&1-2　Step Right beside Left. Rock forward on Left. Rock back on Right.
右足併踏, 左足前下沉, 右足回復

3&4　Left Triple step on the spot turning full turn Left stepping Left, Right Left. 原地三步左轉圈-左, 右, 左

5-6　Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復

7&8　Step Right into Shuffle ½ turn Right stepping Right, Left, Right. (Facing 6 o'clock) 右180度轉交換-右, 左, 右(面向6點鐘)

第八段　Forward Rock. Together. Forward Rock. Back Lock Step. Back Rock (With Body Sway) 下沉, 回復-併-下沉 回復, 後鎖步, 後下沉 回復(帶擺臀)

1-2&　Rock forward Left. Rock back on Right. Step Left beside Right.
左足前下沉, 右足回復, 左足併踏

3-4　Rock forward on Right. Rock back on Left.
右足前下沉, 左足回復

5&6　Step back on Right. Lock step Left over Right. Step back on Right.
右足後踏, 左足於右足前鎖踏, 右足後踏

7-8　Rock back on Left sway body to left. Recover onto Right sway body Right. 左足後下沉左擺臀, 右足回復右擺臀

第九段　Step Pivot ½ Turn Right X2 踏 轉共二次

1-2　Step Forward on Left. Pivot ½ turn Right.
左足前踏, 右軸轉180度

3-4	Step forward on Left. Pivot ½ turn Right. 左足前踏, 右軸轉180度