

# This One's For You (LDF Blackburn)

**COPPER** **KNOB**  
BY SHEETS

**Compte:** 64

**Mur:** 2

**Niveau:** Intermediate

**Chorégraphe:** Val O'Connor (UK) - September 2016

**Musique:** This One's for You (feat. Zara Larsson) (Official Song UEFA EURO 2016™) - David Guetta



**Intro: 16 Counts Just Before Vocals ( 11 Secs Approx )**

## **S1: R CROSS BACK & WALK LR, L SIDE ROCK CROSS SHUFFLE**

1-2&3-4 Cross R over L, step back on L, (&) step R next to L, walk forward L R

5-6-7&8 Rock L to L side, recover onto R, cross R over L, (&) step R to R side, cross R over L

## **S2: SIDE R, TWIST ¼ L, L COASTER CROSS, SIDE R TOUCH L, L KICK BALL CROSS**

1-2-3&4 Step R to R side, twist both feet ¼ L, step back on L, (&) step R next to L, cross L over R (9)

5-6-7&8 Step R to R side, touch L next to R, kick L to L diagonal, (&) step down on L, cross R over L

## **S3: ¼ L HITCH R, R COASTER STEP, STEP L, R TOUCH AND HEEL AND STEP**

1-2-3&4 ¼ L step forward L, hitch R, step back R, (&) step L next to R, step forward R (6)

5-6&7&8 Step forward L, touch R behind L, (&) step back on R, dig L heel forward, (&) step down on L, Step forward on R

## **S4: STEP L ¼ R, L CROSS SHUFFLE, SIDE R, ¼ L, ¼ L, SIDE L**

1-2-3&4 Step forward L, ¼ R step R to R side, cross L over R, (&) side R, cross L over R (9)

5-6-7-8 Step R to R side, ¼ L step L to L side, ¼ L step R to R side, step L to L side (3)

## **S5: R HEEL DIG HOLD, ¼ L HEEL DIG HOLD, POINT R & L & STEP R ¼ L**

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold, (&) step down On L (12)

5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R, ¼ L step L to L side (9)

## **S6: CROSSING SAMBAS R L, STEP 1/4 L, R KICK BALL STEP**

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L

5-6-7&8 Step forward R, ¼ L step L to L side, kick R forward, (&) step down R, step forward L (6)

## **S7: R HEEL DIG HOLD, ¼ L HEEL DIG HOLD, POINT R & L & WALK R , ¼ L**

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold, (&) step down On L (3)

5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R , ¼ L step L to L side (12)

## **S8: CROSSING SAMBAS R L, STEP ½ L, R KICK BALL STEP**

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L

5-6-7&8 Step forward R, ½ L step forward on L, kick R forward, (&) step down R, step forward L (6)

**REPEAT THIS SECTION AT END OF WALLS 2, 4**

**END OF DANCE**

**TAGS:** At the end of walls 2 and 4 repeat the last section steps 1-8

This dance was taught at the LDF day in Blackburn organised by Suzi Beau and raised £700

Contact ~ EMAIL: [valerieoconnor1@msn.com](mailto:valerieoconnor1@msn.com)

