

Only For You

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Bo Wallin (SWE) & Joakim Westerlund (SWE)

Musique: Here Is My Heart - Lionel Richie



STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

- 1-2 Step left to left diagonally, lock right behind left (towards 10:30)
- 3&4 Step forward left, close right to left, step left forward (towards 10:30)
- 5-6 Rock right over left, recover weight back on to left
- 7&8 ¼ Turn right step forward on right foot, close left to right, step forward on right foot (now facing 3:00 wall)

STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

- 9-10 Step forward left, pivot ½ turn right, weight on right (now facing 9:00 wall)
- 11&12 Step forward left, close right to left, step forward on left foot
- & On ball of left foot ¼ turn right (now facing 12:00 wall)
- 13-14 Skate forward right, skate forward left
- & On ball of left foot ¼ turn right (now facing 3:00 wall)
- 15&16 Step forward right, close left to right, step forward on right foot

STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

- 17-18 Step left to left diagonally (towards 01:30), lock right behind left
- 19&20 Step forward left, close right to left, step left forward (towards 01:30)
- 21-22 Rock right over left, recover weight back on to left
- 23&24 ¼ turn right step forward on right foot, close left to right, step forward on right foot (now facing 6:00 wall)

STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

- 25-26 Step forward left, pivot ½ turn right, weight on right (now facing 12:00 wall)
- 27&28 Step forward left, close right to left, step forward on left foot
- & On ball of left foot ¼ turn right (now facing 3:00 wall)
- 29-30 Skate forward right, skate forward left
- & On ball of left foot ¼ turn right (now facing 6:00 wall)
- 31&32 Step forward right, close left to right, step forward on right foot

MAMBO FORWARD, BACK ROCK, TOE TOUCHES, HEEL SWITCH, CROSS, STEP RIGHT

- 33&34 Rock forward on left, rock onto right in place, step left beside right
- 35&36 Rock back on right, rock onto left in place, touch right toe to right side
- &37 Step right beside left, touch left toe to left side
- &38 Step left beside right, touch right heel forward
- &39-40 Step right beside left, cross left over right, step right to right diagonally (towards 07:30)

LEFT MAMBO WITH ¼ TURN, CROSS ROCK, HIP BUMPS

- 41&42 Rock forward on left, rock on to right in place, as you step onto left make a ¼ turn left (now facing 3:00 wall)
- 43-44 Cross rock right over left, recover weight back on to left
- 45-46 Step right to right side hip bump right. Step left in place hip bump left
- 47&48 Hip bumps right, left, right (weight on right)

REPEAT

