I Would for You

拍数: 48

级数: High Improver

编舞者: Niels Poulsen (DK) - May 2023

音乐: I Would For You - Lauren Duski

Intro: 24 counts from very first beat in music. App. 13 secs. into track. Start with weight on L foot **2 restarts: *1) On wall 3 which starts at 12:00, after 32 counts, facing 12:00 again. *2) On wall 5 which starts at 6:00, after 32 counts, facing 6:00 again.

[1 – 8] Rock R fwd, full triple turn R, rock L fwd, shuffle ½ L

- 1 2 Rock R fwd (1), recover back on L (2) 12:00
- 3&4 Turn 1/2 R stepping fwd on R (3), step L next to R (&), turn 1/2 R stepping R fwd (4) 12:00
- 5-6 Rock L fwd (5), recover back on R (6) 12:00
- 7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping L fwd (8) 6:00

[9-16] ¼ L into R side rock, R cross shuffle, L side rock ¼ R, ¼ R into L chassé

- 1 2Turn ¼ L rocking R to R side (1), recover on L (2) 3:00
- 3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 3:00
- 5-6 Rock L to L side (5), recover on R with 1/4 R (6) 6:00
- Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8) 9:00 7&8

[17 – 24] R back rock, R kick ball cross, side behind, R chasse ¼ R

- 1 2Rock back on R (1), recover on L (2) 9:00
- 3&4 Kick R towards R diagonal (3), step back on R (&), cross L over R (4) ... Note: body will
- naturally open up to R diagonal but your direction in the dance is still 9:00 9:00
- 5-6 Step R to R side (5), cross L behind R (6) 9:00
- 7&8 Step R to R side (7), step L next to R (&), turn 1/4 R stepping R fwd (8) 12:00

[25 – 32] Step 1/2 R, lock 1/2 R, back R, point L, fwd L, point R

- 1 2Step L fwd (1), turn 1/2 R stepping down on R (2) 6:00
- 3&4 Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4) 12:00
- 5 6Step back on R (5), point L to L side letting your body open up to R diagonal (6) 12:00
- 7 8 Step fwd on L (7), point R to R side letting your body open up to L diagonal (8) ...

* Restarts here, on walls 3 and 5 (see detailed description at top of page) 12:00

[33 – 40] Cross, Hold, & heel, Hold, ball cross, Hold, & heel, Hold

- 1 2 Cross R over L (1), HOLD (2) 12:00
- &3 4Step L to L side (&), touch R heel fwd to R diagonal (3), HOLD (4) 12:00
- &5 6Step R next to L (&), cross L over R (5), HOLD (6) 12:00
- &7 8 Step R to R side (&), touch L heel fwd to L diagonal (7), HOLD (8) 12:00

[41 – 48] Ball cross rock, side R, point L, walk LR fwd with 3/8 L turn, L shuffle 1/8 L fwd

- &1-2Step L back towards R (&), cross rock R over L (1), recover on L (2) 12:00
- 3 4 Step R to R side (3), point L to L side (4) 12:00
- 5 6Turn ¼ L stepping down on L (5), turn 1/8 L stepping R fwd (6) 7:30
- 7&8 Turn 1/8 L stepping L fwd (7), step R fwd (&), step L fwd (8) ...

Note: counts 5-8 should be done as a smooth curvy 1/2 turn 6:00

Start Again!

Ending Wall 7 (starts facing 12:00) is your last wall. Finish to the front with count 33, then HOLD ... and ignore the fading out of the music 12:00





墙数:2