

For You

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Maria Tao (USA) - October 2023
音乐: For You - Chris Norman : (CD: Baby I Miss You)



Intro: 40 counts

Note: No Tags; No Restarts

[S1] SIDE, BACK ROCK, RECOVER, SIDE, BEHIND, HITCH/RONDE 5/8 TURN R PRESS, 1/2 TURN L FWD ROCK, RECOVER, BACK

1 Step L to L
2&3 Rock R back, recover onto L, step R to R
4&5 Step L behind R, hitch/ronde R front to back, 5/8 turn R pressing R to R [7:30]
6&7 1/4 turn L stepping L forward, 1/4 turn L stepping ball of R beside L, rock L forward [1:30]
8& Recover onto R, step L back

[S2] BACK ROCK, RECOVER, 1/8 TURN L, 1/4 TURN L CROSS ROCK, RECOVER, SIDE, CROSS, UNWIND 3/4 TURN L, SIDE, BACK ROCK, RECOVER

1 Rock R back
2&3 Recover onto L, 1/8 turn L stepping R forward, 1/4 turn L crossing rock L over R [9:00]
4&5 Recover onto R, step L to L (slightly back), cross R over L
6-7 Unwind 3/4 turn L (weight on L), step R to R [12:00]
8& Rock L back, recover onto R

[S3] SIDE, BACK ROCK, RECOVER, 1/4 TURN L, ANCHOR STEP, 3/4 TURN R SAILOR STEP, STEP FWD, 1/2 TURN L

1 Step L to L
2&3 Rock R back, recover onto L, 1/4 turn L stepping R back [9:00]
4&5 Step L behind R, step R in place, step L in place
6&7 3/4 turn R crossing step R behind L, step L to L, step R forward [6:00]
8& Step L forward, 1/2 turn L stepping R back [12:00]

[S4] SIDE, BACK ROCK, RECOVER, 1/4 TURN R, STEP FWD, PIVOT 1/2 TURN R, 1/4 TURN R SIDE, TOUCH BACK, UNWIND 1/2 TURN R, FULL TURN L

1 Step L to L
2&3 Rock R back, recover onto L, 1/4 turn R stepping R forward [3:00]
4&5 Step L forward, pivot 1/2 turn R, 1/4 turn R stepping L to L [12:00]
6-7 Extend R and touch R toe back, unwind 1/2 turn R lifting L heel (weight on R) [6:00]
8& 1/2 turn L stepping L down, 1/2 turn L stepping R beside L

[S5] STEP FWD, PRISSY WALK (R-L), SIDE ROCK, RECOVER, BEHIND, BACK ROCK, RECOVER, TOUCH, HITCH, SIDE, TOGETHER

1 Step L forward
2-3 Walk R slightly over L, walk L slightly over R
4&5 Rock R to R, recover onto L, step R behind L sweeping L front to back
6&7& Rock L back, recover onto R, touch L to L, hitch L across R
8& Step L to L, step R next to L [6:00]

START AGAIN!