

# For Martina

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Harry Schalk (AUT) - December 2016  
音樂: Für ein paar Stunden - S.T.S. ( Austria)



**\*\* This dance is dedicated to my wife Martina \*\***

## **Sec. 1: Slow ¼ Turn r. Jazz Box**

1, 2      RF cross over LF, Hold  
3, 4      LF Step with ¼ Turn right , Hold  
5, 6      RF Step right , Hold  
7, 8      LF next to RF, Hold

## **Sec. 2: Side Rock R , Cross , Hold, Side Rock L, Cross, Hold**

1, 2      RF Step right , Weight back on LF  
3, 4      RF cross over LF, Hold  
5, 6      LF Step left , Weight back on RF  
7, 8      LF cross over RF , Hold

## **Sec. 3: Vine R, Toe Turn L , Heel Turn L , Toe Turn L, Scuff R**

1, 2      RF Step right ., LF cross behind RF  
3, 4      RF Step right ., LF next to RF  
5, 6      LF turn Toes left , LF Turn Heel left  
7, 8      LFTurn Toes left , RF sweep fwd.

## **Sec. 4: Heel Rock fwd, ¼ Turn r (2 x), Heel Rock fwd. , Step back R, Hook**

1, 2      RF Heel touch fwd , Weight back on LF while ¼ Turn right  
3, 4      RF Heel touch fwd , Weight back on LF while ¼ Turn right  
5, 6      RF Touch fwd , Weight back on LF  
7, 8      RF Step back , LF lift cross over RF

## **Sec. 5: Step, Lock, Step fwd, Toe Touch L, Step, Lock, Step back , Kick fwd L**

1, 2      LF Step fwd. , RF hook in behind LF  
3, 4      LF Step fwd. , RF Toe touch behind LF  
5, 6      RF Step back , LF cross over RF  
7, 8      RF Step back , LF kick fwd .

## **Sec. 6: Back Rock L, ½ Turn r, hold, ½ Turn r, Hold, Rock fwd**

1, 2      LF Step back, Weight back on RF  
3, 4      LF Step with ½ Turn right , Hold  
5, 6      RF Step with ½ Turn right , Hold  
7, 8      LF Step fwd, Weight back on RF

## **Sec. 7: Coaster Cross ,Hold, Slow Side Step, Recover , Hold**

1, 2      LF Step back , RF next to LF  
3, 4      LF cross over RF, Hold  
5, 6      RF big Step right ( 2 counts)  
7, 8      LF next to RF , Hold

## **Sec. 8: Apple Jacks R L , Coaster Step, Scuff**

1, 2      LF Heel turn right RF Toe turn right . , and straight back  
3, 4      LFToe turn left RFHeel turn left ., and straight back (Weight on LF)  
5, 6      LF Step back , RF next to LF

7, 8            LF Step fwd, RF sweep fwd.

**Optional: Sec. 8: Count 1-4 : Twist L + R**

1, 2            Booth Heel turn right , and straight

3, 4            Booth Heels turn left, and straight

**Dance Start again ...**

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