

For You

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Esther Axon (UK) - March 2024
音樂: For You - The Tumbling Paddies



#32 count intro

SECTION 1: L BALL STEP, R TOE TOUCH, R BALL STEP, L HEEL DIG, L BALL STEP, R KICK-BALL-CROSS, HEEL SWIVELS UP AND DOWN, L CROSS SHUFFLE

- 1&2 Step on ball of L (&), touch R toe behind L (1), step on ball of R (&), dig L heel forward (2)
- 3&4 Step on ball of L, kick R to right side, step R next to L, cross L over R
- 5&6 Lift both heels off floor (5), swivel heels out (&), place heels down and swivel heels in (6)
- 7&8 Step R slightly to right, cross L over R, step R slightly to right, cross L over R

SECTION 2: R CHASSE, R CROSS SHUFFLE, L POINTS FRONT & SIDE, L ½ SAILOR

- 1&2 Step R to right side, step L next to R, step R to right side
- 3&4 Step L beside R, cross R over L, step L to left side, cross R over L
- 5-6 Point L forward, point L to left side
- 7&8 Step L behind R, make ¼ turn left stepping R to side, make ¼ turn left stepping L slightly forward

SECTION 3: R SCUFF-HITCH-STOMP, L SYNCOPATED ROCKING CHAIR, L SHUFFLE, R SHUFFLE

- 1&2 Scuff R forward, hitch R knee, stomp R forward
- 3&4 Rock L forward, recover back on R, rock L forward, recover forward on R
- 5&6 To L diagonal: step L forward, step R next to L, step L forward
- 7&8 To R diagonal: step R forward, step L next to R, step R forward

SECTION 4: L CROSS STEP, R BACK STEP, L ¼ CHASSE, R CROSS ROCK, SIDE ROCK, R STEP, L ½ PIVOT

- 1-2 Cross L over R, step R back
- 3&4 Making ¼ turn left, step L to left side, step R next to L, step L to left side (3:00)
- 5&6& Rock R over L, recover on L, rock R to right side, recover on L
- 7-8 Step R forward, pivot ½ turn left (9:00)

SECTION 5: R SIDE ROCK, RECOVER, L WEAVE, L ¼ TURN, R SIDE ROCK, RECOVER, L WEAVE

- 1-2 Rock R to right side, recover on L
- 3&4& Step R behind L, step L to left side, step R in front of L, step L to left side
- 5-6 Making ¼ turn left, rock R to right side, recover on L (6:00)
- 7&8& Step R behind L, step L to left side, step R in front of L, step L to left side

SECTION 6: L ¼ TURN, R SIDE ROCK, RECOVER, L WEAVE WITH ¼ TURN, L ¼ PADDLE TURN, R SIDE STEP, STOMPS L&R

- 1-2 Making ¼ turn left, rock R to right side, recover on L (3:00)
- 3&4& Step R behind L, step L to left side, step R in front of L, step L forward, making ¼ turn L (12:00)
- 5&6& Making ⅙ turn left, rock R to right side, recover L. Making ⅙ turn left, rock R right side, rock L back. (9:00)
- 7&8 Step R to right side, stomp L, stomp R

SECTION 7: L DROP, R SCUFF, R STOMP, L FORWARD SHUFFLE, R STEP, L ½ PIVOT, R STEP, TRIPLE FULL TURN LRL

- 1&2 Drop weight forward onto L, scuff R, stomp R
- 3&4 Step L forward, step R next to L, step L forward

5&6 Step R forward, pivot ½ turn left, step R forward (3:00)
7&8 Triple full turn right, stepping LRL (alternative: left forward shuffle)

SECTION 8: R ROCK, RECOVER, R ½ SHUFFLE, L ROCK, RECOVER, L ½ SHUFFLE

1-2 Rock R forward, recover L
3&4 ¼ turn right, step R to right side, step L next to R, ¼ turn right stepping R forward
5-6 Rock L forward, recover R
7&8 ¼ turn left, step L to left side, step R next to L, ¼ turn left stepping L forward

SECTION 9: L WEAVE WITH SYNCOPATED R HEEL TOUCH, R WEAVE WITH SYNCOPATED L HEEL TOUCH

1-2 Cross R over L, step L to left side
3&4 Step R behind L, step L together, step R heel to right diagonal
&5-6 Step R slightly to right side, cross L over R, step R to right
7&8 Step L behind R, step R together, step L heel to left diagonal

SECTION 10: L STEP, R STEP, L ½ PIVOT, FULL TRIPLE TURN RLR, L BACK TOUCH, R BACK TOUCH, L BACK STEP, R COASTER

&1-2 Step L next to R, step R forward, ½ pivot left
3&4 Full triple turn in place, stepping RLR
&5&6 Step L slightly back, touch R next to L, step R slightly back, touch L next to R
&7&8 Step L slightly back, step R back, step L next to R, step R forward

TAG / RESTART

On Wall 3, replace counts 15 and 16 with L side rock, recover R then restart the dance

END OF DANCE

At the end of the dance, after the L cross shuffle, turn ¼ right stepping R to right side to face the front and scuff L forward

Last Update: 10 Mar 2024
