

Just For You

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Just for You - Lionel Richie



2X FORWARD CROSS ROCK-ROCK-ROCK, CROSS STEP FULL TURN LEFT, FORWARD SHUFFLE (12:00)

1&2 Cross rock right foot over left, rock onto left foot, rock onto right foot

3&4 Cross rock left foot over right, rock onto right foot, rock onto left foot

With counts 1 and 3 you are moving slightly forward

5-6 Cross step right foot over left, turn (on ball of right foot) full turn left - stepping forward onto left foot

7&8 Step forward onto right foot, close left foot next to right, step forward onto right foot

2X FORWARD CROSS ROCK-ROCK-ROCK, STEP FORWARD, PIVOT ½ RIGHT, TURNING CHASSE (12:00)

9&10 Cross rock left foot over right, rock onto right foot, rock onto left foot

11&12 Cross rock right foot over left, rock onto left foot, rock onto right foot

13-14 Step forward onto left foot, pivot ½ right (weight on right foot)

15&16 Turn ¼ right & step left foot to left side, step right foot next to left, turn ¼ right & step backward onto left foot

¼ RIGHT SIDE STEP, ¼ RIGHT FORWARD STEP, ¼ RIGHT STEP BEHIND, PAUSE WITH EXPRESSION, ¼ RIGHT FORWARD SHUFFLE, FORWARD SHUFFLE (12:00)

17-18 Turn ¼ right & step right foot to right side, turn ¼ right & step forward onto left foot

19-20 Turn ¼ right & cross step right foot behind left, pause while leaning to left with left foot raised

The normal 'return' within a rock is to lean the body toward the direction of the next move - in this case the dancer remains leaning just prior to apex - with raised foot as the counter balance.

21&22 Turn ¼ right & step forward onto left foot, close right foot next to left, step forward onto left foot

This shuffle is naturally 'short stepped' because of the initial position of the lead foot

23&24 Step forward onto right foot, close left foot next to right, step forward onto right foot

2X CROSS STEP-LARGE STEP WITH SWAY-STEP, ¼ RIGHT FORWARD STEP, ¾ RIGHT SIDE STEP (12:00)

25-26 Cross step left foot over right, large step right foot to right side with slight body sway

27-28 Step onto left foot, cross step right foot over left

29-30 Large step left foot to left side with slight body sway, step onto right foot

31-32 Turn ¼ right & step forward onto left foot, turn ¾ right & step right foot to right side

CROSS ROCK, ROCK, ¼ LEFT STEP FORWARD, ¼ LEFT SIDE STEP, ROCK BEHIND, ROCK, STEP FORWARD ½ RIGHT STEP BACKWARD (12:00)

33-34 Cross rock left foot over right, rock onto right foot

35-36 Turn ¼ left & step forward onto left foot, turn ¼ left & step right foot to right side

37-38 Cross rock left foot behind right, rock onto right foot

39-40 Step forward onto left foot, turn ½ right & step backward onto right foot

BACKWARD LOCKSTEP, BACKWARD STEP-LOCKSTEP, ¼ RIGHT SIDE STEP, CROSS ROCK, ROCK, COASTER STEP (3:00)

&41 Lock left foot across front of right, step backward onto right foot

42&43 Step backward onto left foot, lock right foot across front of left foot, step backward onto left foot

44 Turn ¼ right & step right foot to right side

45-46 Cross rock left foot over right, rock onto right foot
47&48 Step backward onto left foot, step right foot next to left, step forward onto left foot

REPEAT

DANCE FINISH

The dance will finish on count 48 of the 10th wall (facing 6:00) to the last strains of music. To finish the dance facing the 'home' wall replace counts 47& 48 with the following -

48-49 Turn ½ left & step forward onto left foot, touch right foot next to left with (optional)

Right hand on hat brim & left hand on left hip
