

# 1-4-U (One For You)

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Oli Geir (ICE)

Musik: I Would Die For You - Antique



## HEEL BALL CROSS 2X, STEP, ROCK, SAILOR STEP

- 1&2 Touch right heel diagonally forward, step right behind left, step left across right  
3&4 Touch right heel diagonally forward, step right behind left, step left across right  
5-6 Step right to side and sway hip to right, rock left in place  
7&8 Step right behind left, step left to side, step right in place

## PIVOT ½ TURN RIGHT, PIVOT ¼ TURN RIGHT, HEEL TAP, KICK BALL CHANGE

- 1-2 Step forward on left and pivot ½ turn right, step forward on right  
3-4 Step forward on left and pivot ¼ turn right, step forward on right  
5-6 Touch left forward and tap left heel twice  
7&8 Kick left forward, step left beside right, step right in place

## STEP ROCK WITH HIP SWING FORWARD, BACK AND SIDE, SAILOR STEP

- 1-2 Step forward on left and swing hip forward, rock right in place  
3-4 Step back on left and swing hip back, rock right in place  
4-6 Step left to side and swing hip to side, rock right in place,  
7&8 Step left behind right, step right to side, step forward on left

## STEP ROCK, CHASSE ½ TURN RIGHT, STEP ROCK, COASTER STEP

- 1-2 Step forward on right, rock left in place  
3&4 Step right in chasse ½ turn right steeping right, left, right  
5-6 Step forward on left, rock right in place  
7&8 Step left back, step right beside left, step forward on left

**REPEAT**

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