A Song For You



Count: 132 Wand: 2 Ebene: Phrased Intermediate /

Advanced

Choreograf/in: Oli Geir (ICE) & Hugrun (ICE) - October 2010

Musik: A Song for You - Whitney Houston: (CD: I Look To You)



Start On First Heavy Beat / Vocals (23 Seconds)

Dance Pattern: A,A Tag, then B, B, B with restart, B,B with restart from part A. (See Notes)

Part A

Walk Forward Left & Right. Close, Side Step. L Back Rock, Side Step, R Back Rock. L Step Forward. Step Pivot ½ Turn Right

1-2&	Walk forward Left. Walk forward Right. Close Left beside Right.
3-4&	Step Right to Right side. Rock Back on Left. Rock forward on Right.
5-6&	Step Left to Left side, Rock back on Right, Rock forward on Left.

7-8& Step forward on Right. Step forward on Left. Pivot ½ turn Right. (facing 6 o'clock)

L Step Forward. Scissors Step R & L. Step 1/4 Turn L. Step 1/2 Turn L. Step 1/4 Turn L. L Chasse.

1-2&	Step forward on Left. Step Right to Right Side. Step Left beside Right.
3-4&	Step Right across Left. Step Left to Left side. Step Right beside Left.
5-6&	Step Left across Right. Turn ¼ turn Left stepping back on Right. Turn ½ turn Left stepping

forward on left.

7-8&1 Turn ¼ turn Left stepping Right to Right side. Step Left to Left side. Step Right beside Left.

Step Left to Left side. (facing 6 o'clock)

R Cross Rock Step. Step ¼ Turn R. Sweep Step Across ¼ Turn R. Side. Step Behind. Sweep Step Behind. Side. Sweep Cross Shuffle.

2&	Rock Right across Left. Rock back on Left.

3-4& Turn ¼ turn Right stepping forward on Right. Sweep Left out and around from back to front turning ¼ turn Right stepping across Right. Step Right to Right side. (facing 12 a'clock)

turning ¼ turn Right stepping across Right. Step Right to Right side. (facing 12 o'clock)

5-6& Step Left behind Right. Sweep Right out and around from front to back stepping behind Left.

Step Left to Left side.

7-8&1 Step Right across Left. Sweep Left out and around from back to front stepping across Right.

Step Right to Right side. Step Left across Right.

R Rumba Box. R Coaster Step. Step Pivot ½ Turn R.

2& Step Right to Right side. Step Left beside Right.

3-4& Step forward on Right. Step Left to Left side. Step Right beside Left.5-6& Step back on Left. Step back on Right. Step Left beside Right.

7-8& Step forward on Right. Step forward on Left. Pivot ½ turn Right. (facing 6 o'clock)

TAG: A 4-count Tag is danced AFTER the second pattern of Part A (Facing 12 o'clock)

1-4 Step forward on Left. Hold. Step Right beside Left. Hold.

Part B

Side Step. Knee Twist. Kick. Back Rock. Side, Together.

1-2 Step Left to Left side. Twist right knee in towards Left.

3-4 Turn Right knee out to right side. Twist Right knee in towards Left.

5-6& Low kick Right diagonally Right. Rock Right behind Left. Recover onto Left.

7-8 Step Right to Right side. Step Left beside Right.

Side Rock ¼ Turn R. R Shuffle. Step Pivot ½ Turn R. Full Turn R (Travelling Forward)

1-2 Rock Right out to Right Side. Turn ¼ turn Left, recover onto Left.

3&4	Step forward on Right. Step Left beside Right. Step forward on Right.
5-6	Step forward on Left. Pivot ½ turn Right.
7-8	Turn ½ turn Right stepping back on Left. Turn ½ turn Right stepping forward on Right.
	(Facing 3 o'clock)

Step Pivot ¼ Turn R. Toe Touches. Jazz Box ½ Turn L. R Cross Shuffle.

1-2	Step forward on Left. Pivot ¼ turn Right. (Facing 6 o'clock)
3-4	Twist Left knee in touching Left next to Right. Touch Left to Left side.
5-6	Step Left across Right. Turn ¼ turn Left stepping back on Right.
7-8	Turn ¼ turn Left stepping Left to Left side. Step Right across Left.
&-1	Step Left to Left side. Step Right across Left. (Facing 12 o'clock)

Side Rock. Cross Step. Step ¼ Turn Left. Step ½ Turn Left. Right Chasse ¼ Turn Left.

2-3	Rock Left to Left side. Recover onto Right.
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4-5 Step Left across Right. Turn ¼ turn Left stepping back on Right.

6 Turn ½ turn Left stepping forward on Left.

7&8 Step Right into chasse ¼ turn Left stepping Right, Left, Right. (Facing 12 o'clock)

Mambo Back Rock Left & Right. Cross Rock. Side Step. Together.

1&2	Rock Left behind Right. Rock forward on Right. Step Left to Left side.
3&4	Rock Right behind Left. Rock forward on Left. Step Right to Right side.

5-6 Rock Left across Right. Rock back on Right.

7-8 Step Left long step to Left side. Step Right beside Left.

Note:

RESTART Part B, On 3rd Wall of Part B, Facing 12 o'clock.

Second RESTART: Dance Part A To End Of Song, On 5th Wall of Part B Facing 6 o'clock.

Side Step, Heel Dig. Left Vaudeville. Right Vaudeville.

&1-2	Step Left to Left side. Dig Right heel diagonally Right. Hold.
&3-4	Step Right beside Left. Step Left across Right. Hold.
&5	Step on ball of Right to Right side. Step Left across Right.
&6	Step Right to Right side. Dig Left heel diagonally Left.
&7	Step Left beside Right. Step Right across Left.
&8	Step Left to Left side. Dig Right heel forward.

Forward Rock. Triple Step Full Turn Left. Forward Rock. Shuffle ½ Turn Right.

&1-2	Step Right beside Left. Rock forward on Left. Rock back on Right.
3&4	Left Triple step on the spot turning full turn Left stepping Left, Right Left.

5-6 Rock forward on Right. Rock back on Left.

7&8 Step Right into Shuffle ½ turn Right stepping Right, Left, Right. (Facing 6 o'clock)

Forward Rock. Together. Forward Rock. Back Lock Step. Back Rock (With Body Sway)

1-2& Rock forward Left. Rock back on Right. Step Left beside Rig	Step Left beside Right.
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3-4 Rock forward on Right. Rock back on Left.

5&6 Step back on Right. Lock step Left over Right. Step back on Right.

7-8 Rock back on Left sway body to left. Recover onto Right sway body Right.

Step Pivot ½ Turn Right X2

1-2 Step Forward on Left. Pivot ½ turn Right.3-4 Step forward on Left. Pivot ½ turn Right.

Start Again & Happy Dancing

