

One For Sorrow

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Liam Hrycan (UK)

Music: One for Sorrow - Steps



If danced to "One For Sorrow", dance as follows:

1st Wall -- Section 1a

2nd Wall -- Steps 1-16

3rd Wall -- Steps 1-48

4th Wall -- Continue as scripted to fadeout

DOUBLE RIGHT STOMP, LEFT SCUFF, & RIGHT HITCH/SCOOT, LEFT STOMP, CLAP

- 1 Stomp right foot forward
- 2& Scuff left heel forward, hitch right knee and scoot forward on right
- 3-4 Stomp left foot forward, clap hands
- 5 Stomp right foot in place beside left
- 6& Scuff left heel forward, hitch right knee and scoot forward on right
- 6 Stomp left foot forward
- &8 Clap hands twice

RIGHT STEP, ½ PIVOT LEFT, FULL TURN FORWARD (RIGHT, LEFT), RIGHT SHUFFLE, TRIPLE STEP (½ RIGHT)

- 9-10 Step right foot forward, pivot ½ turn left
- 11-12 Full rolling turn forward over left shoulder, stepping-right, left
- Easier steps for 11-12 are walk forward, stepping right, left)**
- 13&14 Forward right shuffle
- 15&16 Triple step ½ turn right, stepping-left, right, left

RIGHT BEHIND, UNWIND (¾ RIGHT), LEFT ROCK/RECOVER, LEFT STEP BACK (½ LEFT), RIGHT SCUFF, RIGHT ROCK/RECOVER

- 17-18 Cross right foot behind left, unwind ¾ turn right
- 19&20 Rock left foot forward, clap hands, recover weight onto right foot and clap hands
- 21-22 Step left foot back ½ turn left, scuff right heel forward
- 23-24 Rock right foot forward, recover weight onto left foot and clap hands

RIGHT BEHIND, UNWIND (¾ RIGHT), LEFT ROCK/RECOVER, LEFT STEP BACK (½ LEFT), RIGHT SCUFF, RIGHT MAMBO ROCK

- 25-26 Cross right foot behind left, unwind ¾ turn right
- 27&28 Rock left foot forward, clap hands, recover weight onto right foot and clap hands
- 29-30 Step left foot back ½ turn left, scuff right heel forward
- 31&32 Rock right foot forward, step left foot in place, step right foot back

LEFT MAMBO ROCK FORWARD, RIGHT ROCK/RECOVER, & RIGHT STEP IN PLACE, LEFT ROCK BACK/RECOVER, LEFT SHUFFLE

- 33&34 Rock left foot back, step right foot in place, step left foot forward
- 35-36 Rock right foot forward, recover weight back onto left foot
- & Step right foot beside left
- 37-38 Rock left foot back, recover weight onto right foot
- 39&40 Forward left shuffle

RIGHT STEP/½ PIVOT LEFT, WALK FORWARD (RIGHT-LEFT-RIGHT), LEFT KICK, LEFT COASTER STEP

- 41-42 Step right foot forward, pivot ½ turn left
- 43-45 Walk forward, stepping-right, left, right
- 46 Kick left foot forward and clap hands
- 47&48 Left coaster step

RIGHT CROSS ROCK/RECOVER, BACKWARD ROLLING TURN (1 ½ RIGHT), LEFT SCUFF, LEFT CROSS ROCK/RECOVER

- 49-50 Cross rock right foot over left, recover weight onto left foot
- 51-53 1 ½ rolling turn backwards over right shoulder, stepping-right, left, right
- 54 Scuff left foot forward
- 55-56 Cross rock left foot over right, recover weight onto right foot
- & Step left foot beside right

RIGHT CROSS ROCK/RECOVER, TRIPLE STEP IN PLACE (LEFT, RIGHT), LEFT CROSS ROCK/RECOVER, TRIPLE STEP (¾ LEFT)

- 57-58 Cross rock right foot over left, recover weight onto left foot
- 59&60 Triple step full turn in place over right shoulder, stepping-right, left, right
- 61-62 Cross rock left foot over right foot, recover weight onto right foot
- 63&64 Triple step ¾ turn in place over left shoulder, stepping-left, right, left

REPEAT

SECTION 1A

This section is dances before the 2nd wall for "One For Sorrow" only

RIGHT SIDE ROCK/RECOVER, &-RIGHT STEP IN PLACE, LEFT SIDE ROCK/RECOVER

- 1-2 Rock right foot to right side, recover weight onto left foot
- & Step right foot beside left
- 3-4 Rock left foot to left side, recover weight onto right foot
- & Step left foot beside right

RIGHT SAILOR STEP, LEFT SAILOR STEP

- 5&6 Step right foot behind left, step left foot to left side, step right foot to right side
- 7&8 Step left foot behind right, step right foot to right side, step left foot to left side

BEGIN 2ND WALL

EASIER STEPS 51-54:

RIGHT STEP BACK (½ RIGHT), SLIDE/STEP LEFT BESIDE RIGHT, RIGHT STEP, LEFT SCUFF

- 51 Step right foot back ½ turn right
 - 52 Slide/step left foot beside right
 - 53 Step right foot forward
 - 54 Scuff left foot forward
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