

One For Sorrow

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Evie Effendi (INA) - June 2020

Musique: One for Sorrow - Steps



The dance starts after 32 counts music intro

Section 1. Lock Steps Diagonal - Grapevine - Toe Touch (12.00)

- 1-2 Step R forward diagonal - Step L behind R
- 3&4 Step R forward diagonal - Step L behind R - Step R forward diagonal
- 5-6 Step L to side - Step R behind L
- 7-8 Step L to side - Touch R toe to side

Section 2. Back - Hold - Back Hold - Coaster Step - Side - Drag (12.00)

- 1-2 Step R backward - Hold
- 3-4 Step L backward - Hold
- 5&6 Step R backward - Step L beside R - Step R forward
- 7-8 Step L to side - Drag R towards L

****Restarts here on walls 3-6-9-13**

Section 3. Forward - Recover - Shuffle ½ Turn - Forward - Recover - Shuffle ¼ Turn (03.00)

- 1-2 Step R forward - Recover on L
- 3&4 Turn ¼ right, step R to side - Step L close to R - Turn ¼ right, step R forward (06.00)
- 5-6 Step L forward - Recover on R
- 7&8 Turn ¼ left, step L to side (03.00) - Step R close to L - Step L to side

Section 4. Out Out - In In - (2X) Side & Toe Touch (03.00)

- 1-2 Step R to right diagonal - Step L to left diagonal
- 3-4 Step R backward to center - Step L beside R
- 5-6 Step R to side - Touch L toe behind R
- 7-8 Step L to side - Touch R toe behind L

REPEAT

RESTARTS:

Restarts on walls 3, 6, 9, and 13 after 16 counts (Section 2) .. Do the dance until 16 count only, then begin the next walls from the beginning.

Happy dancing ..

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