

One For Sorrow

Compte: 0

Mur: 2

Niveau: Intermediate

Chorégraphe: Karen Hadley (UK)

Musique: One For Sorrow (Tony Moran Us Remix) - Steps



Sequence: AAB, AAB, AAB, AAAB, AA (The first 3 B's are facing the front and the last one is facing the back)

PART A

KICK, OUT-OUT, RIGHT SAILOR STEP, BEHIND, UNWIND ½ TURN, PIVOT ½ TURN

- 1&2 Kick right across left, step right to right side, step left to left side
- 3&4 Cross step right behind left, step left to left side, step right to right side
- 5-6 Touch left behind right, unwind ½ turn left
- 7-8 Step forward on right, pivot ½ turn left

RIGHT WIZARD OF OZ, SKATES, LEFT WIZARD OF OZ, SKATES INTO ¼ TURN LEFT

- 9-10& Step diagonally forward on right, lock left behind right, step right beside left
- 11-12 Skate forward left, skate forward right
- 13-14& Step diagonally forward on left, lock right behind left, step left beside right
- 15-16 Skate forward right, skate forward left making ¼ turn left

FORWARD ROCK, ½ SHUFFLE TURN, PIVOT ½ TURN, LEFT WIZARD OF OZ

- 17-18 Rock forward on right, rock back onto left
- 19&20 Making ½ turn right step forward on right, step left beside right, step forward on right
- 21-22 Step forward on left, pivot ½ turn right
- 23-24& Step forward on left, lock right behind left, step left beside right

SIDE ROCK, ¼ TURN LEFT, SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP

- 25-26 Rock right to right side, rock back onto left making ¼ turn left
- 27&28 Step forward on right, step left beside right, step forward on right
- 29-30 Rock forward on left, rock back onto right
- 31&32 Step back on left, step right beside left, step forward on right

PART B

SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS

- 1-2& Step right to right side, cross step left behind right, step right to right side
- 3&4 Touch left heel diagonally forward, step left beside right, cross step right over left
- 5-6& Step left to left side, cross step right behind left, step left to left side
- 7&8 Touch right heel diagonally forward, step right beside left, cross step left over right

SIDE ROCK & CROSS, SIDE ROCK & CROSS, 2 X PIVOT ½ TURNS

- 9&10 Rock right to right side, rock left in place, cross step right over left
- 11&12 Rock left to left side, rock right in place, cross step left over right
- 13-14 Step forward on right, pivot ½ turn left
- 15-16 Step forward on right, pivot ½ turn left