

This One's For You (LDF Blackburn)

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Val O'Connor (UK) - September 2016
音乐: This One's for You (feat. Zara Larsson) (Official Song UEFA EURO 2016™) -
David Guetta



Intro: 16 Counts Just Before Vocals (11 Secs Approx)

S1: R CROSS BACK & WALK LR, L SIDE ROCK CROSS SHUFFLE

1-2&3-4 Cross R over L, step back on L, (&) step R next to L, walk forward L R
5-6-7&8 Rock L to L side, recover onto R, cross R over L, (&) step R to R side, cross R over L

S2: SIDE R, TWIST ¼ L, L COASTER CROSS, SIDE R TOUCH L, L KICK BALL CROSS

1-2-3&4 Step R to R side, twist both feet ¼ L, step back on L, (&) step R next to L, cross L over R (9)
5-6-7&8 Step R to R side, touch L next to R, kick L to L diagonal, (&) step down on L, cross R over L

S3: ¼ L HITCH R, R COASTER STEP, STEP L, R TOUCH AND HEEL AND STEP

1-2-3&4 ¼ L step forward L, hitch R, step back R, (&) step L next to R, step forward R (6)
5-6&7&8 Step forward L, touch R behind L, (&) step back on R, dig L heel forward, (&) step down on L,
Step forward on R

S4: STEP L ¼ R, L CROSS SHUFFLE, SIDE R, ¼ L, ¼ L, SIDE L

1-2-3&4 Step forward L, ¼ R step R to R side, cross L over R, (&) side R, cross L over R (9)
5-6-7-8 Step R to R side, ¼ L step L to L side, ¼ L step R to R side, step L to L side (3)

S5: R HEEL DIG HOLD, ¼ L HEEL DIG HOLD, POINT R & L & STEP R ¼ L

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold,(&) step down On
L (12)
5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R, ¼ L
step L to L side (9)

S6: CROSSING SAMBAS R L, STEP 1/4 L, R KICK BALL STEP

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L
5-6-7&8 Step forward R, ¼ L step L to L side, kick R forward, (&) step down R, step forward L (6)

S7: R HEEL DIG HOLD, ¼ L HEEL DIG HOLD, POINT R & L & WALK R , ¼ L

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold,(&) step down On
L (3)
5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R ,¼ L
step L to L side (12)

S8: CROSSING SAMBAS R L, STEP ½ L, R KICK BALL STEP

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L
5-6-7&8 Step forward R, ½ L step forward on L, kick R forward, (&) step down R, step forward L (6)

REPEAT THIS SECTION AT END OF WALLS 2, 4

END OF DANCE

TAGS: At the end of walls 2 and 4 repeat the last section steps 1-8

This dance was taught at the LDF day in Blackburn organised by Suzi Beau and raised £700

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