

# Only For You

拍数: 48      墙数: 4      级数: Improver  
编舞者: Bo Wallin (SWE) & Joakim Westerlund (SWE)  
音乐: Here Is My Heart - Lionel Richie



## STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

1-2            Step left to left diagonally, lock right behind left (towards 10:30)  
3&4           Step forward left, close right to left, step left forward (towards 10:30)  
5-6           Rock right over left, recover weight back on to left  
7&8           ¼ Turn right step forward on right foot, close left to right, step forward on right foot (now facing 3:00 wall)

## STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

9-10           Step forward left, pivot ½ turn right, weight on right (now facing 9:00 wall)  
11&12        Step forward left, close right to left, step forward on left foot  
&            On ball of left foot ¼ turn right (now facing 12:00 wall)  
13-14        Skate forward right, skate forward left  
&            On ball of left foot ¼ turn right (now facing 3:00 wall)  
15&16        Step forward right, close left to right, step forward on right foot

## STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

17-18        Step left to left diagonally (towards 01:30), lock right behind left  
19&20        Step forward left, close right to left, step left forward (towards 01:30)  
21-22        Rock right over left, recover weight back on to left  
23&24        ¼ turn right step forward on right foot, close left to right, step forward on right foot (now facing 6:00 wall)

## STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

25-26        Step forward left, pivot ½ turn right, weight on right (now facing 12:00 wall)  
27&28        Step forward left, close right to left, step forward on left foot  
&            On ball of left foot ¼ turn right (now facing 3:00 wall)  
29-30        Skate forward right, skate forward left  
&            On ball of left foot ¼ turn right (now facing 6:00 wall)  
31&32        Step forward right, close left to right, step forward on right foot

## MAMBO FORWARD, BACK ROCK, TOE TOUCHES, HEEL SWITCH, CROSS, STEP RIGHT

33&34        Rock forward on left, rock onto right in place, step left beside right  
35&36        Rock back on right, rock onto left in place, touch right toe to right side  
&37           Step right beside left, touch left toe to left side  
&38           Step left beside right, touch right heel forward  
&39-40       Step right beside left, cross left over right, step right to right diagonally (towards 07:30)

## LEFT MAMBO WITH ¼ TURN, CROSS ROCK, HIP BUMPS

41&42        Rock forward on left, rock on to right in place, as you step onto left make a ¼ turn left (now facing 3:00 wall)  
43-44        Cross rock right over left, recover weight back on to left  
45-46        Step right to right side hip bump right. Step left in place hip bump left  
47&48        Hip bumps right, left, right (weight on right)

REPEAT

