

For You

COPPER KNOB
BY STEPHENETS

拍數: 136 牆數: 2 級數: Phrased Intermediate
編舞者: Olivia Wagner - November 2019
音樂: This One's for You (feat. Zara Larsson) (Official Song UEFA EURO 2016™) - David Guetta



Intro: 16

Sequence: A, B, C, A, B, C, A, B, 16 counts of C

"First Place at Florida Line Dance Classic December 2019"

PART A- 96 Counts

Counts [1-8] Side touch- knee pop, 1/4 knee pop, Right lock shuffle fwd step ball ,step ball , step

1,2,3 Step R to R side (1), Touch L beside right as you pop L knee (2), Take weight onto L as you pop R knee turning 1/4 turn L (3),
4&5,6& Step R fwd(4), Lock L behind R (&), Step R fwd (5), Step L fwd (6), Press down on the ball of your R as you turn 1/4 L (&),
7&8 Step L fwd (7),press down on the ball of your R as you turn 1/4 (&), Step L fwd (8) 12

Counts [9-16] Side Recover behind Side cross , Side Recover 1/4 Step touch

1,2,3&4 Step R to R Side (1), Recover weight on L foot (2), R cross behind L (3), Step L to L Side (&), Cross R over L (4),
5,6,7,8 Step L to L Side (5), Recover weight on L foot (6), Step L to L Side as you turn a 1/4 (7), Touch R next to L (8) 6

Counts [17-24] Walk, walk, walk, kick , walk ,walk , walk, touch

1,2,3,4 Step R fwd (1), Step L fwd (2), Step R fwd (3), Kick your L foot fwd (4),
5,6,7,8 Step L back (5), Step R back (6), Step L back (7), Touch R foot next to L (8) 6

Counts [25-32] Cross over Recover Recover Step, cross over Recover Recover Step , hip R hip L

1,2,3,4 Cross R over L (1),Recover weight on L foot (2), Step R to R Side (3)Cross L over R (4),
5,6,7,8 Recover weight on R foot (5), Step L yo L Side as you bring both arms to side (6),
7,8 Move R hip to R Side (7), Move L hip to L Side (8) 6

Counts [33-40] Diamond fall away ,Heel together heel

1,2,&3,4 Step R fwd (1), Cross L over R (2), Shift weight on L as you step R back (&), Step L back (3), Step R behind L (4),
&5,6,&7. S Step L to L Side (&),Step R fwd (5), Step L to L Side (6),Turn 1/4 as you step R back (&),Put your L Heel fwd (7)
&8 Put your L next to R (&), put your R Heel fwd (8) 12

Counts [41-48] Cross Shuffle Side Recover drag R , L 1/4 drag , R 1/4 drag L 1/4 drag R 1/4 drag

1&2,3&4 Cross R over L (1), Recover weight back on L (&), Cross R over L (2), Step L to L Side (3), Side (&),Cross L over R (4),
5,6,7 Slide to R Recover weight on R as you step R to R Side Turn 1/4 (5), Slide to L Side Turn 1/4 (6),Slide to R Side Turn 1/4 (7),
8 Slide to L Turn 1/4 (8) 12

Counts [49-56] Cross back Heel, Cross back Heel , Pivot Turn full Turn

1&2&3&4& Cross R over L (1),L to L Side (&), Put your R Heel fwd (2),Step R to R Side (&),Cross L over R (3),
&4& Step R to R Side (&),Put your L Heel fwd (4),Step L to L Side (&),
5,6,7,8 Step R fwd (5)pivot over L shoulder (6),Step R back (7),Step L fwd (8) 9

Counts [57-64] Hip roll touch behind Side cross, Pivot Turn camel walks

1,2,3&4 Hip roll to R Side (1), Touch L next to R (2),Step L behind R (3),Step R to R Side (&),Cross L over R (4),
5,6,7,8 Step R to R Side (5), Cross L over R (6), Pop R knee fwd (7), Pop L knee fwd (8) 6

Counts [65-72] Rock Recover cross, Rock Recover cross, step ball, step ball, step 1 applejack

1&2,3&4 Rock R to R Side (1), Recover back on L (&), Cross R over L (2),Rock R to R Side (3),
Recover back on L (&),Cross L over R (4),
5&6&7&8 Step R (5),press on the ball of your L (&),Step R (6), press on the ball of your L (&),Step Both feet together (7),
&8 swivel Heel in toe out (&), swivel heel and toe back in (8) 3

Counts [73-80] Rock Recover cross, Rock Recover cross ,step ball, step ball, step 1 applejack

1&2,3&4 Rock L to L Side (1),Recover weight on R (&), cross R over L (2),Rock R to R Side (3),Recover weight on L (&),cross L over R (4),
5&6&7&8 Step L (5),press on the ball of your R (&), Step L (6), Press on the ball of your R (&) Step both feet together(7),
&8 Swivel Heel in toe out (&), Swivel Heel and toe back in (8) 9

Counts [81-88] Step ball, step ball, step ball, step , switch, step ball, step ball, step ball, step

1&2&3&4 Step L (1), press on the ball of your R (&), Step L (2), press on the ball of your R (&), Step L (3), press on the ball of your R (&),
4,5&6&7&8 Step L (4), Step R (5),press on the ball of your L (&), Step R (6), press on the ball of your L (&), Step R (7)
&8 press on the ball of your L (&), Step R (8) 9

Counts [89-96] Rock Recover sweep , sweep , coaster step full turn

1,2,3,4& Rock L fwd (1), Recover weight on R as you sweep L (2), sweep R (3), step R back (4)
&,5,6,7,8 bring back L with R (&),Step R fwd (5), pivot turn as you put weight on L (6), step R fwd as you turn ¼ (7),step L fwd (8) 3

Part B - 8 counts

Counts [1-8] Step hold ½ Turn , Step hold ½ turn , walk , walk, hitch, hitch, touch

1 2&3,4& Step R fwd (1), hold (2), Turn ½ (&), Step L fwd (3), hold (4) Turn ¼ (&)
5,6,7&8 Walk R (5), walk L (6), hitch R turn ¼ (7), hitch L turn ¼ (&), Touch R next to L (8) 12

Part C – 32 counts

Counts [1-8] Out, out, in , in , back, back, Side Recover cross Side Recover Step ,Step cross behind

1&2&3,4 Stomp R fwd (1), stomp L fwd (&),Step R back (2), Step L back (&),Step R back with R shoulder (3),
4,5&6 step L back with L Shoulder (4), Rock R to R Side (5),Recover weight on L (&),cross R over L (6),
&7&8 Rock L to L Side (&),Step R to R Side (7), Turn ¼ R as you step L fwd (&), cross L behind L (8) - 3

Counts [9-16] Cha step ,step ¼ , Step ¼ behind Side cross , Heel, hitch

1,2&3,4 Step L to L Side (1),Step R back (2),Step L fwd (&), ¼ Turn as you step R fwd (3) step L as you turn ¼ (4),
5&6,7 Cross R behind L (5),step L to L Side (&),cross R over L (6), Step L next to R (7),
&8&8 Swivel R Heel in (&),Swivel R toe in (8), hitch your R knee (&) 9

Counts [17-24] Back, back, step , step, Heel and toe in , step out with hands in dolphin motion and then bring them back to Side

1&2& Step R fwd (1), step L fwd (&), Step R back (2),step L back (&),
3&4& Swivel heels in (3), Swivel toes in (&), Swivel heels in (4), Step L to L Side (&),
5&6, Fwd wave motion L arm motion (5),R arm motion (&), keep R arm out as you do L arm motion (6),
7&8 Back wave motion L arm first (7), bring R arm in wave motion (&), Step L next to R (8) - 9

Counts [25-32] Step Touch, Step touch, Shuffle Touch , jazz box, out in

1&2& Step R fwd (1), Touch L behind R (&), Step L fwd (2), Touch R behind L (&),

3&4& Step R fwd (3), step L behind R (&), Step R fwd (4), Touch L behind R (&),

5,6&7,8 Step L over R (5), step R back (6), step L fwd (&), Step R to R Side (7), bring both feet back in (8) - 6

Let Us Praise Him with Dance" Psalm 149:3
