

For You

COPPERKNOB
STEP SHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Bruno Penet (FR) - January 2021
音樂: For You - ESSEX COUNTY : (Album: So Good - 2020)



SEQUENCE : AA - B - AA - AA - B - AA - BB - A(16) - A - A2 - HOLD - A(Final)

PART A (32 count)

SECT 1 : SIDE ROCK, KICK R FWD, JAZZ BOX & STEP FWD OUT-OUT (L & R)

- 1-2 Right Side Rock, Recover on Left
- 3-4 Kick Right Forward, Cross Right over Left
- 5-6 Step Left Back, Step Right to the Right Side
- 7-8 Step Left diagonal Left, Step Right diagonal Right

SECT 2 : SWIVET (R & L), ¼ TURN L & STEP SIDE, ¼ TURN L & SWIVEL L HEEL, STEP L SIDE, SCUFF R

- 1-2 Swivet to the Right, Back to Center
- 3-4 Swivet to the Left, Back to Center
- 5-6 ¼ Turn Left & Step Right to Right Side (9 :00), ¼ Turn Left (on Right Foot) & Swivel Left Heel to the Right (6 :00)
- 7-8 Step Left to the Left Side, Scuff Right Beside Left

SECT 3 : STEP LOCK STEP DIAG R, SCUFF L, STEP LOCK STEP DIAG L, STOMP UP R

- 1-2 (diagonal Right) Step Right Forward, Step Left Behind Right
- 3-4 (diagonal Right) Step Right Forward, Scuff Left beside Right
- 5-6 (diagonal Left) Step Left Forward, Step Right behind Left
- 7-8 (diagonal Left) Step Left Forward, Stomp Up Right beside Left

SECT 4 : [½ TURN R & TOE STRUT] X2, ½ TURN R & ROCK R FWD, ½ TURN R & STEP R FWD, STOMP L

- 1-2 ½ Turn Right & Step Right Toe Forward, Rest Heel in Place (12 :00)
- 3-4 ½ Turn Right & Step Left Toe Back, Rest Heel in Place (6 :00)
- 5-6 ½ Turn Right & Rock Forward on Right, Recover on Left (12 :00)
- 7-8 ½ Turn Right & Step Right Forward, Stomp Left Beside Right (6 :00)

PART B (32 count)

SECT 1 : SIDE ROCK, ½ TURN R, STEP SIDE, JAZZ BOX CROSS

- 1-2 Rock Right to Right Side, Recover on Left
- 3-4 ½ Turn Right (on Left Foot) (with Leg Right Raised), Step Right to Right Side (6 :00)
- 5-6 Cross Left over Right, Step Right Back
- 7-8 Step Left to Left Side, Cross Right over Left

SECT 2 : SIDE ROCK, ½ TURN L, STEP SIDE, JAZZ BOX CROSS, FLICK BACK

- 1-2 Rock Left to Left Side, Recover on Right
- 3-4 ½ Turn Left (on Right Foot) (with Leg Left Raised), Step Left to Left Side (6 :00)
- 5-6 Cross Right over Left, Step Left Back
- 7-8& Step Right to Right Side, Cross Left over Right, Flick Right Back

SECT 3 : STEP LOCK STEP FWD DIAG R, HOOK BACK, STEP LOCK STEP BACK, HOLD

- 1-2 (diagonal Right) Step Right Forward, Step Left Behind Right
- 3-4 (diagonal Right) Step Right Foot Forward, Hook Left Behind Right
- 5-6 (diagonal Left) Step Left Back, Cross Right over Left
- 7-8 (diagonal Right) Step Left Back, Hold

SECT 4 : ½ TURN R & STEP R FWD, ½ TURN R, STOMP, STEP R DIAG R, STOMP L

- 1 ½ Turn Right & Step Right Forward (6 :00)
- 2-3-4 ½ Turn Right on 2 count (with Leg Left Raised), Stomp Left Beside Right (12:00)
- 5 Step Right diagonal Right
- 5-7-8 Slide Left Towards Right on 2 Count, Stomp Left Beside Right

PART A2 (28 Count) After the sections 1 to 3 of PART A, add the next steps :

SECT 4 : ½ TURN R & LARGE STEP R FWD, SLIDE L, STOMP

- 1 ½ Turn Right & Large Step Right Forward (12 :00)
- 2-3-4 Slide Left Towards Right on 2 Count, Stomp Left Beside Right

NB : This PART A2 is Followed by a Hold (4 Count)

PART A (Final)

PART A - Section 4 - after the Count 4, change the steps by the next steps :

½ Turn Right & Step Right on the Right Side (slowly Forward), Slide Left Beside Right

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Site : <http://challengeboy.free.fr/>
