

I Would for You (P)

拍數: 48 牆數: 0 級數: Novice Partner
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音樂: I Would For You - Lauren Duski



Start : In Closed Western position. The steps of the man and the woman are opposite unless indicated.
Intro: 16 counts

[1-8] M : SHUFFLE FWD, 1/4 TURN R CHASSÉ to R, CROSS BEHIND, 1/4 TURN L STEP FWD, 1/4 TURN L CHASSE to R

[1-8] L : SHUFFLE BACK, 1/4 TURN R CHASSÉ to R, 1/2 TURN R SIDE, 3/4 TURN R STEP, 1/4 TURN R & CHASSE to L

1&2 M : Shuffle forward with R,L,R

L : Shuffle back with L,R,L

3&4 M : 1/4 turn to right and chassé to left with L,R,L

L : 1/4 turn to right and chassé to right with R,L,R

*** Man face O.L.O.D. and lady face I.L.O.D.

5-6 M : Cross step R behind L, 1/4 turn to left and step L forward

L : 1/2 turn to right and step L to left, 3/4 turn to right and step R forward

*** The man with his L hand, raise the lady's R hand over her head.

Position Right Open Promenade face L.O.D.

7&8 M : 1/4 turn to left and chassé to right with R,L,R

L : 1/4 turn to right and chassé to left with L,R,L

*** Position Open Double Hand Hold Reverse (back to back) man face I.L.O.D. and lady face O.L.O.D.

[9-16] M : CROSS SHUFFLE to R, 1/4 TURN L BACK, 1/4 TURN L SIDE, CROSS SHUFFLE to L, SIDE, CROSS

[9-16] L : CROSS SHUFFLE to L, 1/4 TURN R BACK, 1/4 TURN R SIDE, CROSS SHUFFLE to R, SIDE, CROSS

1&2 M : Cross shuffle to right with L,R,L

L : Cross shuffle to left with R,L,R

3-4 M : 1/4 turn to left and step R back, 1/4 turn to left and step L to left

L : 1/4 turn to right and step L back, 1/4 turn to right and step R to right

*** Position Open Double Hand Hold, man face O.L.O.D. lady face I.L.O.D.

5&6 M : Cross shuffle to left with R,L,R

L : Cross shuffle to right with L,R,L

7-8 M : Step L to left, cross step R behind L

L : Step R to right, cross step L behind R

[17-24] M : 1/4 TURN R SHUFFLE BACK, 1/2 TURN R SHUFFLE FWD, ROCK SIDE, CROSS SHUFFLE to R

[17-24] L : 1/4 TURN L SHUFFLE BACK, 1/2 TURN L SHUFFLE FWD, ROCK SIDE, CROSS SHUFFLE to L

1&2 M : 1/4 turn to right and shuffle back with L,R,L

L : 1/4 turn to left and shuffle back with R,L,R

*** Position Left Open Promenade face R.L.O.D.

3&4 M : 1/2 turn to right and shuffle forward with R,L,R

L : 1/2 turn to left and shuffle forward with L,R,L

*** Position Right Open Promenade face L.O.D.

5-6 M : Rock step L to left side, recover on R

L : Rock step R to right side, recover on L

7&8 M : Cross shuffle to right with L,R,L

L : Cross shuffle to left with R,L,R

*** Left Open Promenade position face L.O.D.

[25-32] M : ROCK SIDE, 1/4 TURN L SHUFFLE FWD, TRIPLE in 1/4 TURN R, 2X WALK FWD
[25-32] L : ROCK SIDE, 1/4 TURN R SHUFFLE FWD, SHUFFLE FWD in 3/4 TURN L, 2X WALK BACK
1-2 M : Rock step R to right side, recover on L
L : Rock step L to left side, recover on R
3&4 M : 1/4 turn to left and shuffle forward with R,L,R
L : 1/4 turn to right and shuffle forward with L,R,L
5&6 M : Triple step in 1/4 turn to right with L,R,L
L : Shuffle in 3/4 turn to left with R,L,R
*** On count 5, the man with his L hand raise the lady's R over her head.
Closed Western position man face L.O.D.
7-8 M : Walk forward with R,L
L : Walk back with L,R

[33-40] M : ROCKING CHAIR, 2X SHUFFLE FWD
[33-40] L : ROCKING CHAIR, 2X SHUFFLE IN 1/2 TURN L
1-2 M : Rock step R forward, recover on L
L : Rock step L back, recover on R
3-4 M : Rock step R back, recover on L
L : Rock step L forward, recover on R
5&6 M : Shuffle forward with R,L,R
L : Shuffle in 1/2 turn to left with L,R,L
*** On count 5, the man with his L hand raise the lady's R hand over her head.
7&8 M : Shuffle forward with L,R,L
L : Shuffle in 1/2 turn to left with R,L,R
*** On count 7, the man with his L hand raise the lady's R hand over her head.
Open One Hand Hold position.

[41-48] M : 1/4 TURN R ROCK SIDE, STEP FWD, TOUCH, HALF RUMBA BOX to L
[41-48] L : 1/4 TURN L ROCK SIDE, STEP FWD, TOUCH, HALF RUMBA BOX to R
1-2 M : 1/4 turn to right and rock step R to right side, retour du poids sur le pied G
L : 1/4 turn to left rock step L to left side, recover on R
3-4 M : 1/4 turn to left and step R forward, touch L together R
L : 1/4 turn to right and step L forward, touch R together L
5-6 M : Step L to left, step R together L
L : Step R to right, step L together R
*** Closed Western position.
7&8 M : Shuffle forward with L,R,L
L : Shuffle back with R,L,R

Restarts: At the 3rd et 5th repetition of the dance, after the first 32 counts, restart from the top.

ENJOY THE DANCE !
GUY & NANCY, MARC & SUZANNE
