

For You

拍數: 52 牆數: 4 級數: Phrased Improver
編舞者: Mikael Mölsä (FIN) - 20 April 2015
音樂: Gone, Gone, Gone - Phillip Phillips : (CD: The World from the Side of the Moon)



Starting point: At the vocals, at about 0:04.

Note: The dance has one easy 8-count tag after the second time you've done section C.

Ending: The last time you dance the A sequence, you will reach halfway before the music ends. The music slows down on the last counts, so slow down to match the pace. After count 16 you have one more count and you'll be facing front wall. Strike a pose!

Sequence: AABC AC Tag ABC AC AAAAAA

Section A (32 counts)

GALLOP TO RIGHT DIAGONAL, GALLOP TO LEFT DIAGONAL

- 1& Step right to right diagonal, close left behind right
- 2& Step right to right diagonal, close left behind right
- 3& Step right to right diagonal, close left behind right
- 4 Step right to right diagonal
- 5& Step left to left diagonal, close right behind left
- 6& Step left to left diagonal, close right behind left
- 7& Step left to left diagonal, close right behind left
- 8 Step left to left diagonal

HEEL SWITCHES, ROCK STEP, HEEL SWITCHES, ½ RIGHT TURNING PIVOT TURN

- 1& Touch right heel forward, step right next to left
- 2& Touch left heel forward, step left next to right
- 3-4 Rock right forward, recover weight back to left
- & Step right next to left
- 5& Touch left heel forward, step left next to right
- 6& Touch right heel forward, step right next to left
- 7-8 Step left forward, pivot turn ½ to right (weight ends up on left)

GALLOP TO RIGHT DIAGONAL, GALLOP TO LEFT DIAGONAL

- 1& Step right to right diagonal, close left behind right
- 2& Step right to right diagonal, close left behind right
- 3& Step right to right diagonal, close left behind right
- 4 Step right to right diagonal
- 5& Step left to left diagonal, close right behind left
- 6& Step left to left diagonal, close right behind left
- 7& Step left to left diagonal, close right behind left
- 8 Step left to left diagonal

¼ RIGHT TURNING JAZZBOX WITH A SCUFF, ½ LEFT TURNING JAZZBOX WITH A SCUFF

- 1-2 Step right across left, step left back
- 3-4 Turn ¼ to right and step right forward, scuff left foot forward
- 5-6 Step left across right, turn ¼ left and step right back
- 7-8 Turn ¼ to left and step left forward, scuff right foot forward

Section B (16 counts)

FORWARD STEPS WITH HOLDS, ½ LEFT TURNING PIVOT WITH HOLDS

- 1-2 Step right across left, hold
- 3-4 Step left across right, hold
- 5-6 Step right forward, hold
- 7-8 Turn ½ to left, hold

FORWARD STEPS WITH HOLDS, ½ LEFT TURNING PIVOT WITH HOLDS

- 1-2 Step right across left, hold
- 3-4 Step left across right, hold
- 5-6 Step right forward, hold
- 7-8 Turn ½ to left, hold

Section C (4 counts)

JAZZBOX WITH A CROSS

- 1-2 Step right across left, step left back
- 3-4 Step right to side, step left across right

TAG (8 counts)

SLIDE, HOLD, ROCK STEP, SLIDE, HOLD, ROCK STEP

- 1-2 Take a big step to right, hold
- 3-4 Rock left back, recover weight back to right
- 5-6 Take a big step to left, hold
- 7-8 Rock right back, recover weight back to left

REPEAT
