

# 4 You

拍數: 40      牆數: 4      級數: Improver  
編舞者: Ellen Fyrand (NOR) - January 2024  
音樂: For You - Chris Norman



## Intro: 40 Counts

### Sec 1: Side, Together, Chassé, Cross Rock, Shuffle 1/2 Turn L

1-2            Step R Foot to Side (1), Step L Foot beside (2)  
3&3           Step R Foot to Side (3), Step L Foot beside (&), Step R Foot to Side (4)  
5-6           Cross L Foot in Front (5), Recover to R Foot (6)  
7&8           1/4 Turn L and Step FW on L Foot (7), 1/4 Turn L and Step R Foot to side (&), Cross L Foot in Front (8) [6:00]

### Sec 2: Side, Together, Chassé, Cross Rock, Shuffle 1/4 Turn L

1-2            Step R Foot to Side (1), Step L Foot Beside (2)  
3&4           Step R Foot to Side (3), Step L Foot Beside (&), Step R Foot to Side (4)  
5-6           Cross L Foot in Front (5), Recover to R Foot (6)  
7&8           Turn 1/8 L and Step L foot to side (7), Step R Foot beside (&), Turn 1/8 L and Step F W on L Foot (8) [3:00]

### Sec 3: Side, Back Cross, 1/4 Turn R, Pivot 1/2 Turn R, 1/4 Turn R, Back Cross, Side

1-3            Step R Foot to Side (1), Cross L Foot Behind (2), 1/4 Turn R and Step FW on R Foot (3) [6:00]  
4-5            Step FW on L Foot (4), 1/2 Turn R and Step FW on R Foot (5) [12:00]  
6-8            1/4 Turn R and Step L Foot to Side (6), Cross R Foot Behind (7), Step L Foot to Side (8) [3:00]

### Sec 4: Rocking Chair, Jazzbox 1/4 Turn R

1-4            Rock FW on R Foot (1), Recover to L Foot (2), Rock Back on R Foot (3), Recover to L Foot (4)  
5-7            Cross R Foot in Front (5), Step Back on L Foot and Start a 1/4 Turn R (6), Complete the 1/4 Turn R and Step R Foot to Side (7) [6:00]  
8              Step FW on L Foot (8)

### Sec 5: Rocking Chair, Jazzbox 1/4 turn R

1-4            Rock FW on R Foot (1), Recover to L Foot (2), Rock Back on R Foot (3), Recover to L Foot (4)  
5-7            Cross R Foot in Front (5), Step Back on L Foot and Start a 1/4 Turn R (6), Complete the 1/4 Turn R and Step R Foot to Side (7) [9:00]  
8              Cross L Foot in Front (8)

Enjoy the Music and the Dance

---