

Only For You

拍數: 48 牆數: 4 級數: Improver
編舞者: Bo Wallin (SWE) & Joakim Westerlund (SWE)
音樂: Here Is My Heart - Lionel Richie



STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

1-2 Step left to left diagonally, lock right behind left (towards 10:30)
3&4 Step forward left, close right to left, step left forward (towards 10:30)
5-6 Rock right over left, recover weight back on to left
7&8 ¼ Turn right step forward on right foot, close left to right, step forward on right foot (now facing 3:00 wall)

STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

9-10 Step forward left, pivot ½ turn right, weight on right (now facing 9:00 wall)
11&12 Step forward left, close right to left, step forward on left foot
& On ball of left foot ¼ turn right (now facing 12:00 wall)
13-14 Skate forward right, skate forward left
& On ball of left foot ¼ turn right (now facing 3:00 wall)
15&16 Step forward right, close left to right, step forward on right foot

STEP LOCK, LEFT SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE

17-18 Step left to left diagonally (towards 01:30), lock right behind left
19&20 Step forward left, close right to left, step left forward (towards 01:30)
21-22 Rock right over left, recover weight back on to left
23&24 ¼ turn right step forward on right foot, close left to right, step forward on right foot (now facing 6:00 wall)

STEP ½ PIVOT TURN RIGHT, LEFT SHUFFLE, ¼ TURN RIGHT, SKATES, ¼ TURN RIGHT, RIGHT SHUFFLE

25-26 Step forward left, pivot ½ turn right, weight on right (now facing 12:00 wall)
27&28 Step forward left, close right to left, step forward on left foot
& On ball of left foot ¼ turn right (now facing 3:00 wall)
29-30 Skate forward right, skate forward left
& On ball of left foot ¼ turn right (now facing 6:00 wall)
31&32 Step forward right, close left to right, step forward on right foot

MAMBO FORWARD, BACK ROCK, TOE TOUCHES, HEEL SWITCH, CROSS, STEP RIGHT

33&34 Rock forward on left, rock onto right in place, step left beside right
35&36 Rock back on right, rock onto left in place, touch right toe to right side
&37 Step right beside left, touch left toe to left side
&38 Step left beside right, touch right heel forward
&39-40 Step right beside left, cross left over right, step right to right diagonally (towards 07:30)

LEFT MAMBO WITH ¼ TURN, CROSS ROCK, HIP BUMPS

41&42 Rock forward on left, rock on to right in place, as you step onto left make a ¼ turn left (now facing 3:00 wall)
43-44 Cross rock right over left, recover weight back on to left
45-46 Step right to right side hip bump right. Step left in place hip bump left
47&48 Hip bumps right, left, right (weight on right)

REPEAT

