

For Love Alone (P)

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 0 級數: Partner
編舞者: Michael Weeks (USA) & Betty Robinson-Weeks (USA)
音樂: For Love Alone - CeCe Winans



LADY'S PATTERN

RIGHT SIDE, BREAK, RECOVER

1-2-3 Step right to right side, break forward on left, recover weight to right

CHASSE TO LEFT, ¼ TURN LEFT, BREAK RIGHT FORWARD, RECOVER

4&1 Step left to left, step right next to left, step left to left

2-3 Turning ¼ turn left on left, break forward on right, recover left

¼ TURN RIGHT, CHASSE RIGHT, FULL TURN RIGHT

4&1 Turn ¼ turn right to face, step right to right, step left next to right, step right to right

2-3 Turn ¼ turn right, step forward left, complete a ¾ turn to face. Recover weight to right

CHASSE LEFT, ¼ TURN LEFT, BREAK RIGHT FORWARD, RECOVER LEFT

4&1 Step left to left, step right next to left, step left to left

2-3 Turning ¼ turn left on left, break forward on right, recover left

TURN ¼ TURN RIGHT TO FACE. CHASSE RIGHT, CROSS OVER IN FRONT OF MAN TO CHANGE SIDES AND TURN LEFT FULL TURN UNDER MAN'S LEFT ARM TO FACE EACH OTHER, ¼ TURN LEFT, BREAK RIGHT FORWARD, RECOVER LEFT

4&1 Turn ¼ turn right to face, step right to right, step left next to right, step right to right

2-3 Step left across in front of right, step forward right as cross in front of man

4&1 Turn to left (full turn) under arm, stepping left, right, left (turn to face each other)

2-3 Turn ¼ turn left on left, break forward right, recover left

TURN ¼ TURN RIGHT TO FACE & CHASSE TO RIGHT AND REPEAT CROSS OVER TURN IN FRONT OF MAN TO TURN LEFT FULL TURN UNDER MAN'S LEFT ARM TO FACE OTHER, ¼ TURN LEFT, BREAK FORWARD RIGHT (RLOD), RECOVER LEFT

4&1 Turn ¼ right to face, step right to right, step left beside right, step right to right

2-3 Step left across in front of right, step forward right as cross in front of man

4&1 Turn to left (full turn) under arm, stepping left, right, left (turn to face each other)

2-3 Turn ¼ left on left, break forward right (RLOD), recover left

TURN ¼ TURN RIGHT TO FACE AND CHASSE TO RIGHT AND TURN ¼ TURN TO RIGHT TO FACE LOD IN PROMENADE (CONVERSATION) POSITION, WALK, WALK, TRIPLE FORWARD

4&1 Turn ¼ turn right to face, step right to right, step left next to right, step right forward as you turn ¼ turn right to face LOD

2-3 Walk forward left, right (in promenade position)

4&1 Triple forward left, right, left

FULL TURN TO RIGHT CROSSING OVER IN FRONT OF MAN TRIPLE FORWARD

2-3 Step forward right (between man's feet as man crosses in front of lady), step left to left as lady turns in front of man (lady is brought to man's right side into promenade again)

4&1 Triple forward (LOD) right, left, right

WALK, WALK, TRIPLE FORWARD

2-3 Walk forward left, right

4&1 Triple forward left, right, left
turn ¼ left to start again

REPEAT

MAN'S PATTERN (FACING IN CLOSED POSITION)

LEFT SIDE, BREAK, RECOVER

1-2-3 Step left to left side, break back on right, recover weight. Left

CHASSE RIGHT, ¼ TURN RIGHT, BREAK FORWARD LEFT, RECOVER WEIGHT. RIGHT

4&1 Step right to right, step left next to right, step right to right

2-3 Turning ¼ turn right on right, break forward on left, recover right

¼ TURN LEFT, CHASSE LEFT, CROSS ROCK RIGHT BEHIND LEFT WHILE RAISING LEFT HAND AND TURNING LADY, RECOVER LEFT

4&1 Turn ¼ turn left to face, step left to left, step right next to left, step left to left

2-3 Raise left hand, cross rock right behind left while lady turns under arm, recover weight. To left

CHASSE RIGHT, ¼ TURN RIGHT, BREAK FORWARD LEFT, RECOVER RIGHT

4&1 Step right to right, step left next to right, step right to right

2-3 Turning ¼ turn right on right, break forward on left, recover right

TURN TO FACE, CHASSE LEFT, TURN ¼ TURN LEFT ON LEFT WHILE LEADING LADY ACROSS IN FRONT TO CHANGE SIDES (SIDE PASS) WHILE ROCKING BACK ON RIGHT, AND TO TURN LADY UNDER LEFT ARM WHILE MAN DOES TRIPLE ¼ TURN LEFT TO FACE, ¼ TURN RIGHT ON RIGHT, BREAK FORWARD LEFT, RECOVER RIGHT

4&1 Turn ¼ turn left to face, step left to left, step right beside left, step left to left

2-3 Take left hand and direct lady across in front, right hand leads lady to cross and change sides with man, turn left ¼ on left, rock back on right and recovers weight. To left

4&1 Triple step (right-left-right) ¼ turn to the left on left, while lady turns under arm, both turn to face

2-3 ¼ Turn right on right, break forward left, recover right

TURN TO FACE, CHASSE LEFT, TURN ¼ TURN LEFT ON LEFT WHILE LEADING LADY ACROSS IN FRONT TO CHANGE SIDES (SIDE PASS) WHILE ROCKING BACK ON RIGHT, AND TO TURN LADY UNDER LEFT ARM WHILE MAN DOES TRIPLE ¼ TURN LEFT TO FACE, ¼ TURN RIGHT ON RIGHT (RLOD), BREAK FORWARD LEFT, RECOVER RIGHT

4&1 Turn ¼ turn left to face, step left to left, step right beside left, step left to left

2-3 Take left hand and direct lady across in front, right hand leads lady to cross and change sides with man, turn left ¼ on left, rock back on right and recovers weight. To left

4&1 Triple step (right-left-right) ¼ turn to the left on left, while lady turns under arm, both turn to face

2-3 ¼ turn right on right (RLOD), break forward left, recover right

TURN TO FACE, CHASSE LEFT, TURN TO FACE LOD IN PROMENADE (CONVERSATION) POSITION, WALK, WALK, TRIPLE FORWARD

4&1 Turn ¼ turn left to face, step left to left, step right next to left, step left forward as you turn ¼ turn left to face LOD

2-3 Walk forward (in promenade position) right, left down LOD

4&1 Triple forward right, left, right (prep right foot by planting foot pointed toward the right)

FULL TURN TO RIGHT AS LADY IS BROUGHT IN FRONT OF MAN, TRIPLE FORWARD

2-3 Step left across to the side in front of lady, step back right

4&1 Triple in place left, right, forward left facing LOD (taking lady back into closed promenade)

WALK, WALK, TRIPLE FORWARD

2-3 Walk forward right, left
4&1 Triple forward right, left, right
Turn $\frac{1}{4}$ right to star again

REPEAT

The basic cha pattern movements (without the progressive portion) may be danced as a couples cha amalgamation
