It's For You

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Gordon Elliott (AUS) - June 2010

音樂: It's for You - Niamh Kavanagh : (CD: Eurovision Song Contest 2010)

Original Position: Feet Together, Weight On The Left Foot.

This dance is done in TWO / FOUR directions.

Introduction : 8 Beats

FORWARD,ROCK, COASTER STEP, SWEEP, SWEEP, QUICK PIVOT-1/4 SIDE-DRAG
1, 2	step r forward, rock back onto l,
3 & 4	coaster : step r back, step l together, step r forward,
5, 6	sweep to step l forward, sweep to step r forward,
7 &	quick pivot : step l forward, turn 180deg right take weight onto r,
8 & ##	turn 90deg right step l to the side, drag to touch r toe together.

SIDE, ROCK, BEHIND-SIDE-ACROSS-1/4 HITCH, LOCK SHUFFLE, FORWARD-TOGETHER-BACK-TOGETHER
1, 2	step r to the side, side rock onto l,
3 &	step r behind left, step l to the side,
4 &	step r across in front of left, hitch l knee turning 90deg right,
5 & 6	step l forward, lock r behind left, step l forward,
7 &	step r forward, step l together,
8 &	step r back, step l together.

FORWARD, CLICK, BACK-FULLTURN, COASTER STEP, QUICK PADDLE-ACROSS
1, 2	step r forward, drag l toe together & click fingers,
3	step l back,
& 4	turn 180deg right step r forward, turn 180deg right step l back,
5 & 6	coaster : step r back, step l together, step r forward,
7 &	quick paddle : step l forward, turn 90deg right take weight onto r,
8	step l across in front of right.

SIDE, 1/2 HINGE, ACROSS, ROCK & ACROSS-SIDE-BEHIND-1/4 TURN-QUICK PIVOT-STEP
1, 2	step r to the side, hinge turn 180deg left step l to the side,
3, 4	step r across in front of left, rock onto l,
& 5	step r to the side, step l across in front of right,
& 6	step r to the side, step l behind right,
&	turn 90deg right step r forward,
7 &	quick pivot : step l forward, turn 180deg right take weight onto r,
8	step l forward

32	Repeat The Dance In New Direction

RESTARTS : Will make the TWO wall dance into a FOUR wall dance.

On WALL 3 dance to BEAT 8 (##) then restart to the 9.00. This turns the dance to the side walls.

On WALL 6 dance to BEAT 8 (##) then restart to the BACK. This turns the dance to the back and front wall.