

Here For You

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Improver
編舞者: Gaye Teather (UK) - August 2012
音樂: I'll Be Here for You - Dave Sheriff : (CD: Work Of Art. - iTunes)



32 count intro

Side. Drag. Back rock. Quarter turn Right. Half turn Right. Step. Pivot quarter turn Right

- 1 – 2 Long step Right to Right side. Drag Left beside Right (weight remains on Right)
- 3 – 4 Rock back Left behind Right. Recover onto Right
- 5 – 6 Quarter turn Right stepping back on Left. Half turn Right stepping forward on Right
- 7 – 8 Step forward on Left. Pivot quarter turn Right (Facing 12 o'clock)

Cross. Side. Behind. Side. Cross rock. Quarter turn Left shuffle forward

- 1 – 2 Cross Left over Right. Step Right to Right side
- 3 – 4 Cross Left behind Right. Step Right to Right side
- 5 – 6 Cross rock Left over Right. Recover onto Right
- 7&8 Quarter turn Left stepping forward on Left. Step Right beside Left. Step forward on Left (Facing 9 o'clock)

Step. Full spiral turn Left (or hold). Shuffle forward. Right Rocking Chair

- 1 – 2 Step forward on Right. Spin a full turn Left on ball of Right hooking Left in front of Right shin (Facing 9 o'clock)

Alternative: Step forward on Right. Hold for one beat

- 3&4 Step forward on Left. Step Right beside Left. Step forward on Left
- 5 – 6 Rock forward on Right. Recover onto Left
- 7 – 8 Rock back on Right. Recover onto Left

Step. Pivot quarter turn Left. Cross shuffle. Side rock. Behind-side-cross

- 1 – 2 Step forward on Right. Pivot quarter turn Left (Facing 6 o'clock)
- 3&4 Cross Right over Left. Step Left to Left side. Cross Right over Left
- 5 – 6 Rock/sway Left to Left side. Recover onto Right
- 7&8 Cross Left behind Right. Step Right to Right side. Cross Left over Right

Start again

This dance and song is dedicated to the worthy cause of Crohns & Colitis whose friends and supporters are 'here for you' always.
