

Only For You

48 count, 4 wall, beginner/intermediate level

Choreographer: Bo Wallin and Joakim

Westerlund (Sweden) May 2002

Choreographed to: Here Is My Heart by Lionel
Richie, Renaissance CD)115 bpm)

: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 o'clock 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 o'clock 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 o'clock wall)
13-14 Skate forward right, Skate forward left.
& on ball of left foot ¼ turn right (Now facing 3 o'clock 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 o'clock 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 o'clock 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 o'clock wall)
29-30 Skate forward right, Skate forward left.
& on ball of left foot ¼ Turn right (Now facing 6 o'clock 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 o'clock 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).
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