

THIS SONG'S FOR YOU

Music: Chase the Music
Cd Look at me , Look at You
Track # 7 Time 3:45
Available from choreographer

Rhythm: Foxtrot **Phase:** IV

Footwork: Opposite except where (Noted)

Release Date: JAN 2015

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Sequence: INT AB A C B A END



INTRO

CP DLC LEAD FOOT FREE START ON This Song's "FOR" You

PART A

01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

{Diamond Turn 1/2} Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; **{Qk Diamond 4}** [QOOQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg 1/4 LF trn to BJO DLW, bk R to CP LOD ; **{Dip Bk & Rec}** [SS]Bk L w/ flexed knee, -, rec R to CP LOD, -;

05-08 OP TELEMARK ; THRU VINE 4 ; IN & OUT RUNS ; ;

{OP Telemark} Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg toball, sd & sltly fwd R*) to ½ OP DLW ; **{Thru Vine 4}** [QOOQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP LOD ;

09-12 CHAIR & SLIP ; TURN LEFT & CHASSE to BJO ; OP IMPETUS ; THRU SIDE BEHIND ;

{Chair & Slip} Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swwlg LF on R fwd L*) to CP DLC ; **{Turn Left & Chasse to BJO}** [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; **{OP Impetus}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Thru Sd Behind}** Thru R, -, sd L, XRib (*W XRib*) to mom LOP RLOD ;

13-16 ROLL 3 to SCP ; SLOW SIDE LOCK ; TWO LEFT TURNS ; ;

{Roll 3 to SCP} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to OP slight V LOD ; **{Slow Sd Lk}** Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ; **{2 Left Turns}** Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP WALL ;

PART B

01-04 HOVER ; PROMENADE WEAVE ; ; HOVER TELE to ½ OP LOD ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; **{Promenade Weave}** [SQQ;QOOQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; **{Hover Tele}** Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to ½ OP LOD ;

05-08 OP IN & OUT RUNS TWICE ; ; ; ;

{OP in & Out Runs x 2} Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R (*W fwd L, R, L*) to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ ld arms out to sd ; Repeat meas 5,6 Part B ; ;

09-12 THRU VINE 4 ; OP NATURAL ; SPIN TURN ; OUTSIDE CHECK :

{Thru Vine 4} Repeat meas 6 Part A ; **{OP Natural}** Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (*W thru L, -, fwd R, fwd L*) to BJO ; **{Spin Turn}** Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (*W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R*) to CP DLW ; **{Outsd Check}** Bk R with checking action, -, sd L DW with left shoulder lead, fwd R in BJO DRW with checking action ;

13-16 BACK & CHASSE to BJO ; FORWARD CHECK/W DEVELOPE ; BACK & CHASSE to BJO ; FWD FWD/LOCK FWD ;

{Bk & Chasse to BJO} [1,2&3] Bk L, -, trng RF chasse sd R/cl L, sd & fwd R trng to BJO DRW ; **{Fwd Ck/W Developpe}** [S] Fwd L outsd W checking, -, -, - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) ; **{Bk & Chasse to BJO}** [1,2&3] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L trng to BJO DLW ; **{Fwd Fwd/Lk Fwd}** [1,2&3] Fwd R, -, fwd L/lk Rib, fwd L ;

17-18 OP NATURAL ; HESITATION CHANGE :

{OP Natural} Fwd R beg RF trn, -, contg RF trn fwd & sd L in frt of W (*W heel turn*), bk R to BJO RLOD ; **{Hesitation Chng}** [1,2-] Trng upper bdy RF bk L, -, sd R contg RF trn, draw L to CP DLC ;

PART C

01-04 WHISK ; NATURAL HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR :

{Whisk} Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{Nat Hover Fallaway}** In SCP thruout fwd R, -, fwd L risg & trng RF, rec R (*W fwd L, -, fwd R, rec L*) to SCP DRW ; **{Slip Pivot}** Bk L, -, bk R trng LF, fwd L (*W bk R, -, trng ½ LF slip L fwd, sd & bk R*) to BJO DLW ; **{Cross Pivot to SCAR}** Fwd R in frt of W strt RF trn, -, sd L cont RF trn, fwd R (*W sm bk L strt RF trn, -, fwd R btw M's ft heel to toe pvtg ½ RF, sd & bk L*) to SCAR DLW ;

05-08 CROSS HOVERS to BJO & SCAR ; ; CROSS HOVER to SCP ; THRU FACE CLOSE :

{Cross Hover to BJO & SCAR} XLif (*W XRib*), -, sd R rise trn LF, rec L to BJO DLC ; XRif (*XLib*), -, sd L w/ rise comm RF trn, rec R to SCAR ; **{Cross Hover to SCP}** XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; **{Thru Fc Cl}** Thru R, -, sd L trng to fc ptr, cl R to CP WALL ;

ENDING

01-05 HOVER ; THRU VINE 4 ; CHAIR & SLIP ; OP TELEMARK ; THRU to a CHAIR & HOLD :

{Hover} Repeat meas 1 Part B ; **{Thru Vine 4}** Repeat meas 6 Part A ; **{Chair & Slip}** Repeat meas 9 Part A ; **{OP Telemark}** Repeat meas 5 Part A ; **{Thru to a Chair}** [S] Thru lun R (*W thru lun L*) w/ bent knee as if sitting & Hold, -, -, - ;