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Here For You

32 Count, 2 Wall, Improver

Choreographer: Gaye Teather (UK) July 2012

Choreographed to: I'll Be Here For You by Dave Sheriff (108 bpm. 32 count intro) Work Of Art.

Intro: 32 counts

S1 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*)

S2 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*)

S3 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

S4 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

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

Music download available from iTunes