

## One For Sorrow

Phrased, 2 wall, Intermediate level

Choreographer: Karen Hunn (England) Oct 01  
Choreographed to: One For Sorrow (Tony Moran US  
Remix) BPM:132

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Phrasing: AAB, AAB, AAB, AAAB, AA

(NB: The first 3 B's are facing the front and the last one is facing the back)

### PART A

#### **KICK, OUT-OUT, RIGHT SAILOR STEP, BEHIND, UNWIND ½ TURN, PIVOT ½ TURN**

- 1 & 2 Kick right across left, step right to right side, step left to left side  
3 & 4 Cross step right behind left, step left to left side, step right to right side  
5 - 6 Touch left behind right, unwind ½ turn left  
7 - 8 Step forward on right, pivot ½ turn left

#### **RIGHT WIZARD OF OZ, SKATES, LEFT WIZARD OF OZ, SKATES INTO ¼ TURN LEFT**

- 9 - 10& Step diagonally forward on right, lock left behind right, step right beside left  
11 - 12 Skate forward left, skate forward right  
13 - 14& Step diagonally forward on left, lock right behind left, step left beside right  
15 - 16 Skate forward right, skate forward left making ¼ turn left

#### **FORWARD ROCK, ½ SHUFFLE TURN, PIVOT ½ TURN, LEFT WIZARD OF OZ**

- 17 - 18 Rock forward on right, rock back onto left  
19 & 20 Making ½ turn right step forward on right, step left beside right, step forward on right  
21 - 22 Step forward on left, pivot ½ turn right  
23 - 24& Step forward on left, lock right behind left, step left beside right

#### **SIDE ROCK, ¼ TURN LEFT, SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP**

- 25 - 26 Rock right to right side, rock back onto left making ¼ turn left  
27 & 28 Step forward on right, step left beside right, step forward on right  
29 - 30 Rock forward on left, rock back onto right  
31 & 32 Step back on left, step right beside left, step forward on right

### PART B

#### **SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS**

- 1, 2& Step right to right side, cross step left behind right, step right to right side  
3 & 4 Touch left heel diagonally forward, step left beside right, cross step right over left  
5, 6& Step left to left side, cross step right behind left, step left to left side  
7 & 8 Touch right heel diagonally forward, step right beside left, cross step left over right

#### **SIDE ROCK & CROSS, SIDE ROCK & CROSS, 2 x PIVOT ½ TURNS**

- 9 & 10 Rock right to right side, rock left in place, cross step right over left  
11 & 12 Rock left to left side, rock right in place, cross step left over right  
13 - 14 Step forward on right, pivot ½ turn left  
15 - 16 Step forward on right, pivot ½ turn left

Have fun & enjoy!