



## For Our Dancers

32 Count, 4 Wall, Beginner

Choreographer: Lisa McCammon (November 2018)

Choreographed to: For A Dancer by James Dupre (112bpm)

32 count intro (you will start slightly before the lyrics). Clockwise rotation; start weight on L

### ROCKING CHAIR, TRIPLE FORWARD, FORWARD ROCK, RECOVER

- 1-4 Rock forward onto R, recover L, rock back onto R, recover L
- 5&6 Step forward R, close L, step forward R
- 7-8 Rock forward L, recover R

### BACK, SWEEP, BACK, SWEEP, BACK, CLOSE, FORWARD, TAP

- 1-4 Step back L, sweep R back, step back R, sweep L back
- 5-8 Step back L, close R, step forward L, tap R toes behind L heel

### TRIPLE BACK, BACK ROCK, RECOVER; WALK, WALK, STEP, TURN

- 1&2 Step back R, close L, step back R
- 3-4 Rock back L, recover R
- 5-6 Walk forward L, R
- Option** turn option 5-6: turn right ½ [6] stepping back L, turn right ½ [12] stepping forward R
- 7-8 Step forward L, turn right ¼ [3] onto R (open slightly to right diagonal)

### CROSS ROCK, RECOVER, SIDE, TOUCH; KICK-BALL-CHANGE, KICK-BALL-CHANGE

- 1-4 Cross rock L, recover R, step L to side, squaring up, touch R toes home
- Restart** here during the 7<sup>th</sup> repetition
- 5&6 Kick R forward, step onto R ball, step L home
- 7&8 Kick R forward, step onto R ball, step L home

**Restart** during the 7<sup>th</sup> repetition, starting at 6:00 and restarting at 9:00 after 28 counts (just omit the two kick-ball-changes at the end of the dance).

**Note** The song starts immediately with no intro, so I've chosen to wait 32 counts to let dancers listen to the lyrics by Jackson Brown (see excerpt below). To make the dance easier for more people, I have kept the steps simple and there's only one wall change. This is dedicated to all the California line dancers whose lives have been devastated by the wildfires ongoing as this is being written. Thanks to my student Carolyn W. for telling me about this song, and to Michael Barr, Michele Burton and Rachael McEnaney-White for spearheading relief efforts in support of our line dance family.

*Into a dancer you have grown  
From a seed somebody else has thrown  
Go on ahead and throw some seeds of your own  
And somewhere between the time you arrive and the time you go  
May lie the reason you were alive but you'll never know.  
--From For A Dancer by Jackson Browne*