

# ONE FOR SORROW

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Karen Hunn

**Music:** One For Sorrow (Tony Moran Us Remix) by The Steps

**Sequence:** AAB, AAB, AAB, AAAB, AA (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 $\frac{1}{2}$ TURN, PIVOT $\frac{1}{2}$ 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  $\frac{1}{2}$  turn left
- 7-8**            Step forward on right, pivot  $\frac{1}{2}$  turn left

### RIGHT WIZARD OF OZ, SKATES, LEFT WIZARD OF OZ, SKATES INTO $\frac{1}{4}$ 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  $\frac{1}{4}$  turn left

### FORWARD ROCK, $\frac{1}{2}$ SHUFFLE TURN, PIVOT $\frac{1}{2}$ TURN, LEFT WIZARD OF OZ

- 17-18**        Rock forward on right, rock back onto left
- 19&20**        Making  $\frac{1}{2}$  turn right step forward on right, step left beside right, step forward on right
- 21-22**        Step forward on left, pivot  $\frac{1}{2}$  turn right
- 23-24&**       Step forward on left, lock right behind left, step left beside right

### SIDE ROCK, $\frac{1}{4}$ TURN LEFT, SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP

- 25-26**        Rock right to right side, rock back onto left making  $\frac{1}{4}$  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