

ONE FOR SORROW

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Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: Liam Hrycan

Music: One For Sorrow by The Steps

If danced to "One For Sorrow", dance as follows:

1st Wall -- Section 1a

2nd Wall -- Steps 1-16

3rd Wall -- Steps 1-48

4th Wall -- Continue as scripted to fadeout

DOUBLE RIGHT STOMP, LEFT SCUFF, & RIGHT HITCH/SCOOT, LEFT STOMP, CLAP

- 1 Stomp right foot forward
- 2& Scuff left heel forward, hitch right knee and scoot forward on right
- 3-4 Stomp left foot forward, clap hands
- 5 Stomp right foot in place beside left
- 6& Scuff left heel forward, hitch right knee and scoot forward on right
- 6 Stomp left foot forward
- &8 Clap hands twice

RIGHT STEP, ½ PIVOT LEFT, FULL TURN FORWARD (RIGHT, LEFT), RIGHT SHUFFLE, TRIPLE STEP (½ RIGHT)

- 9-10 Step right foot forward, pivot ½ turn left
- 11-12 Full rolling turn forward over left shoulder, stepping-right, left

Easier steps for 11-12 are walk forward, stepping right, left)

- 13&14 Forward right shuffle
- 15&16 Triple step ½ turn right, stepping-left, right, left

RIGHT BEHIND, UNWIND (¾ RIGHT), LEFT ROCK/RECOVER, LEFT STEP BACK (½ LEFT), RIGHT SCUFF, RIGHT ROCK/RECOVER

- 17-18 Cross right foot behind left, unwind ¾ turn right

19&20 Rock left foot forward, clap hands, recover weight onto right foot and clap hands

21-22 Step left foot back $\frac{1}{2}$ turn left, scuff right heel forward

23-24 Rock right foot forward, recover weight onto left foot and clap hands

**RIGHT BEHIND, UNWIND ($\frac{3}{4}$ RIGHT), LEFT ROCK/RECOVER, LEFT STEP BACK ($\frac{1}{2}$ LEFT),
RIGHT SCUFF, RIGHT MAMBO ROCK**

25-26 Cross right foot behind left, unwind $\frac{3}{4}$ turn right

27&28 Rock left foot forward, clap hands, recover weight onto right foot and clap hands

29-30 Step left foot back $\frac{1}{2}$ turn left, scuff right heel forward

31&32 Rock right foot forward, step left foot in place, step right foot back

**LEFT MAMBO ROCK FORWARD, RIGHT ROCK/RECOVER, & RIGHT STEP IN PLACE, LEFT
ROCK BACK/RECOVER, LEFT SHUFFLE**

33&34 Rock left foot back, step right foot in place, step left foot forward

35-36 Rock right foot forward, recover weight back onto left foot

& Step right foot beside left

37-38 Rock left foot back, recover weight onto right foot

39&40 Forward left shuffle

**RIGHT STEP/ $\frac{1}{2}$ PIVOT LEFT, WALK FORWARD (RIGHT-LEFT-RIGHT), LEFT KICK, LEFT
COASTER STEP**

41-42 Step right foot forward, pivot $\frac{1}{2}$ turn left

43-45 Walk forward, stepping-right, left, right

46 Kick left foot forward and clap hands

47&48 Left coaster step

**RIGHT CROSS ROCK/RECOVER, BACKWARD ROLLING TURN (1 $\frac{1}{2}$ RIGHT), LEFT SCUFF,
LEFT CROSS ROCK/RECOVER**

49-50 Cross rock right foot over left, recover weight onto left foot

51-53 $\frac{1}{2}$ rolling turn backwards over right shoulder, stepping-right, left, right

54 Scuff left foot forward

55-56 Cross rock left foot over right, recover weight onto right foot

& Step left foot beside right

RIGHT CROSS ROCK/RECOVER, TRIPLE STEP IN PLACE (LEFT, RIGHT), LEFT CROSS ROCK/RECOVER, TRIPLE STEP (¾ LEFT)

- 57-58** Cross rock right foot over left, recover weight onto left foot
- 59&60** Triple step full turn in place over right shoulder, stepping-right, left, right
- 61-62** Cross rock left foot over right foot, recover weight onto right foot
- 63&64** Triple step ¾ turn in place over left shoulder, stepping-left, right, left

REPEAT

SECTION 1A

This section is dances before the 2nd wall for "One For Sorrow" only

RIGHT SIDE ROCK/RECOVER, &-RIGHT STEP IN PLACE, LEFT SIDE ROCK/RECOVER

- 1-2** Rock right foot to right side, recover weight onto left foot
- &** Step right foot beside left
- 3-4** Rock left foot to left side, recover weight onto right foot
- &** Step left foot beside right

RIGHT SAILOR STEP, LEFT SAILOR STEP

- 5&6** Step right foot behind left, step left foot to left side, step right foot to right side
- 7&8** Step left foot behind right, step right foot to right side, step left foot to left side

BEGIN 2ND WALL

EASIER STEPS 51-54:

RIGHT STEP BACK (½ RIGHT), SLIDE/STEP LEFT BESIDE RIGHT, RIGHT STEP, LEFT SCUFF

- 51** Step right foot back ½ turn right
- 52** Slide/step left foot beside right
- 53** Step right foot forward
- 54** Scuff left foot forward