

FOR YOU

CHOREOGRAPHER THE LATE GORDON & BETTY MOSS (Written sometime in the early 60's)

RECORD Decca 13574 (New release American Pic 9129) For You - Rick Nelson

RHYTHM: Mixed - Phase III

FOOTWORK: Opposite, Directions for man except as noted

SEQUENCE: Intro - A-A-B-C-A-B-C-A-Tag

RE-RELEASE DATE June, 1994 by Jim & Bonnie Bahr - 4420 Tennyson - Denver, CO 80212
303/477-1594 (With the hope that new dancers will enjoy fun old dance, since record has been recut & is now readily available).

INTRO

MEAS

1 - 4 WAIT, APT, DIG, TOG CP, -, FWD, BK, BK, -, BK, FWD, FWD, -;
In OP wait 1 meas; step apt on L to face diag away from ptr, dig-stab R toe to floor at L instep no wgt, step tog on R to CP M's bk COH, -, rk fwd on L, step bwd twd COH R, L, -, rk bk on R trn half way to LOD, step fwd L, fwd R trng to face LOD, -; (Mambo running basic no closing step)

PART A

1 - 4 FWD, -; TRN R, SIDE, XIB, FAN/CLOSE, PT SWD, -; RK SIDE, RLCOV, SCP, FWD/2,3, FWD/2,3, FACE, CP, TCH,
CP M feg LOD step fwd L, -, fwd R trn 1/4 RF, step side LOD on L, XRIB of L (W XIF) check full wgt on R, immediately R fl hits floor start very small Q-L fan/Q-L close almost under R fl, pt R swd RLOD with R-knee bent close to L knee R toe barely tch floor about 12 inches away (try to avoid "jump" on close pt, -, rk swd R merely shift wgt, recov in place of L trng to SCP feg LOD, fwd LOD R/L, R; fwd L/R, L, step fwd R trng 1/4 RF to CP M's bk COH, tch L,
5 - 8 SIDE, CLOSE, TCH, SIDE, CLOSE, TCH, BEND KNEES-L, BEND KNEES-R, FWD, BK, BK, -, BK, FWD, FWD, -;
Step side L, close R, tch L, side L; close R, tch L, feet tog bend both knees diag twd LOD, bend both knees diag twd RLOD; (keep knees bend small & subtle) repeat Mambo Running Basic of Meas 3-4 of Intro;
9 - 16 REPEAT Action of Meas 1-8

PART B

17-20 L-TRN, -, 2,3, L-TRN, -, 2,3 BJO, FWD, LK, FWD, FWD, LK, FWD, FWD, LK,
CP M feg LOD step fwd L trng LF, -, step R arnd, close L; step bwd on R trng LF, -, step swd L to face LOD, close R in Mod Bjo; step fwd L in LOD lean slightly twd COH, lk RIB of L, step fwd L, step fwd R lean slightly twd Wall, lk LIB of R, step fwd R, step fwd L lean slightly twd COH, lk RIB;
21-24 L-TRN, -, 2,3, L-TRN, -, 2,3 BJO, FWD, LK, FWD, FWD, LK, FWD/TRN, CP, TCH, -;
Repeat Action of Meas 17-19, lk LIB of R, step fwd R trng 1/4 RF to end CP M's bk COH, tch L, -;

PART C

25-28 APT, TOG, WRAP, -, BK, -, RK BK, RECOV, DIG, UNWRAP, 2 BFLY, SIDE, TCH, SIDE, TCH,
From CP rk apt on L join both hands, M step fwd R in place, close L (Wrk apt on R, steps fwd L, R trng LF under the M's L & W's R raised hands) to end in a wrap both feg Wall; step bwd R, -, rk bk on L, recov in place on R; dig L toe to floor at R instep no wgt trng in twd ptr almost face-to-face, M step L, R in place with L hand high (W unwrap RF R, L) to end in Bfly M's bk COH, step side L, tch R, side R, tch L;
29-32 REPEAT Action of Meas 25-28 except of last side, tch manuv to CP M feg LOD,

TAG: At end of Meas 8 of Part A, step apt on L, -, pt R twd ptr as music fades, -;



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FOR YOU—4-U

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Composers--Betty Collins & Gordon Moss - 257 So. Westlake Ave. Los Angeles, Ca. 90057

Record--DECCA #31574 "For You" (Rick Nelson)

Footing - Opposite. Directions for Man

INTRO...(START OP-LOD, END CP-LOD)

WAIT; APART, "dig", TOG, -; FWD, BK, BK, -; BK, FWD, FWD, -;
2.....OP-LOD L apart to face diag-away from ptr, R "dig" stab R-toe to floor at L instep no wgt,
R step tog CP-Wall, HOLD;
3-4....L rok fwd wall, R bk, L bk, HOLD; R rok bk COH turn half way to LOD, L fwd, R fwd bend
line to full LOD, HOLD; (Mambo running basic no closing step)

PART ONE (8 meas)...(Start CP-LOD, End CP-LOD)

FD, -, TURN, SIDE; XB, fan/CLOSE, point, -; ROK, REC, FD/2, 3; FD/2, 3, FACE, tch;
SIDE, CLOSE, tch, SIDE, CLOSE, tch, Knez, Knez; FD, BK, BK, -; BK, FD, FD, -;
1-2....CP-LOD L fd slow, -, R fd turn CP-Wall, L side; R xb (W xf) CHEK bal full wgt on R,
immediately R-ft hits floor start very small quick L-fan, Quick L-close almost under R-ft
as (/)(half-ct) Quick R point swd-RL0D, HOLD (do not point with straight leg...keep R-
knee bent few inches from L-knee with side of R-toe barely tch floor 12-14 inches away...
try avoid "jump" on Close/point);
3-4....R rok swd do not move feet merely shift wgt, L rec in place turn SCP-LOD, Fwd Quick
R/L,R; Fwd quick L/R, L, go R fwd turn CP-Wall, L tch;
5-6....(No pause 8-even-timed moves grouped 3-3-2) L side, R close, L tch, no pause repeat
L side; R close, L tch, no pause feet together bend both knees diag-LOD, then diag-RL0D
(keep knee business very small & subtle);
7-8....Mambo running Basic same as Intro to end CP-LOD to re-start L fwd slow....
9-16...REPEAT

PART TWO (8 meas)...(Start CP-LOD, End CP-Wall)

L TURN, -, 2, 3; bk TURN, -, 2, 3; FD, LOK, FD, FD, LOK, FD, FD, LOK;
L TURN, -, 2, 3; bk TURN, -, 2, 3; FD, LOK, FD, FD, LOK, FACE, tch, -;
17-18..CP-LOD 2 LF turns L fd slow, -, R around, L close; R bk turn slow, -, L close, R close;
19-20..LOD-Modified Bjo (r-hips overlap) go LOD 8-even-timed run-lok steps lean COH wgt
centered over L ft for L fd, R lok, L fd, no pause lean twd wall wgt centered over R ft
for R fd outside W's R ft; L lok, R fd, no pause wgt centered over L ft for L fd, R lok; (no
pause continue L fd for next turns)
21-22..From above lok L fd slow, -, to repeat LF turns as in 17-18;;
23-24..(only 6 lok steps grouped 3-3) L fd, R lok, L fd, then R fd; L lok, R fd CHECK turn to CP-
Wall, L tch, HOLD;

PART - THREE (4 meas repeated)..(Start CP-Wall, End CP-LOD)

APART, TOG, WRAP, -; BK, -, BK, REC; "dig", -, UNWRAP, 2; SIDE, tch, SIDE, tch;
25.....CP-Wall L rok apart join 2 hands, R fwd in place, L close, HOLD (last 2-steps L-hand
high W advance L,R turning LF to 2-arm-wrap both face wall);
26.....R bk slow, -, bk again on L rok, R recover in place; (no pause)
27-28..L "dig", HOLD ("dig" stab L-toe to floor by R-instep no wgt as "tuck-in" snuggle almost
face to face), then L,R in place with L-hand high (W unwrap R, L face M in Bfly); Then
L side, R tch, R side, L tch remain Bfly-Wall;
29-32..REPEAT 25-28 but last "side TCH'S" manuv to CP-LOD for repeat Part One;iii

SEQUENCE: ONE, ONE, TWO, THREE....ONE, TWO, THREE...TAG (one)

TAG: REPEAT ALL OF PART ONE MEAS 1-8 -- as music fades do APART, -, POINT, -;

NOTE: IN CAP CUES the use of lower case type for "foot" gestures (no wgt) .. serves double
purpose of emphasizing "steps" as against mere "points" or "touches." Also note Start and end positions
on each line with PART ONE etc.