There for You

Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Karl-Harry Winson (UK) & Jamie Barnfield (UK) - August 2026

Music: Side By Side - Ryan Innes & LÒNIS : (iTunes, Amazon & Spotify)

Choreographers Note: This dance has been choreographed to raise awareness of Mental Health. The music is stunning and has beautiful lyrics which truly inspired us.

Intro: 16 counts
Extra Bits!: One Tag

S1: 1/4, 1/4 POINT, CROSS AND TOGETHER, PRESS, RECOVER, SAILOR 1/4

1-2	1/4 Right stepping forward on Right, on the ball of Right turn 1/4 Right pointing Left toe to Left side (6:00)
3&4	Cross Left over Right, turn 1/8 Left stepping Right to Right side, close Left next to Right (4:30)
5-6	Press forward on Right, recover on Left sweeping Right from front to back
7&8	Turn 1/8 Right as cross Right behind Left (6:00), turn 1/4 Right as you step Left in place (9:00), step forward on Right

S2: BALL-STEP, PIVOT 1/2, TRIPLE FULL TURN, SWAY, RECOVER, BALL-STEP, BACK

&1-2	Close on Ball of Left next to Right, step forward on Right, pivot 1/2 Left (3:00)
3&4	1/2 Left stepping back on Right, 1/2 Left stepping forward on Left, step forward on Right (3:00)
5-6	Rock forward on Left, recover on Right

(Styling for counts 5-6): As you rock forward on Left, lead with your head followed by both shoulders creating a little body roll as you recover back onto your Right)

&7-8	Close on ball of Left next to Right, step back on Right, step back on Left

S3: SLIDE TOE BACK, 1/2, PIVOT 1/4 CROSS, SIDE, ROCK RECOVER, 1/4, STEP 3/4 SIDE

1-2	Slide Right toe back to point back, 1/2 Right taking weight on Right (9:00)
3&4	Step forward on Left, pivot 1/4 Right, cross Left over Right (12:00)
5-6&	Step Right to Right side, rock back on Left slightly behind right, recover on Right
7	1/4 Left stepping forward on Left
8&1	Step forward on Right, pivot 3/4 Left, step Right to Right side (12:00)

S4: BEHIND SIDE FORWARD, STEP, STEP 1/2 STEP, OUT OUT, HOLD

2&3	Cross Left behind Right, step Right to Right side, step forward on Left
4	Step forward on Right
5&6	Step forward on Left, pivot 1/2 Right, step forward on Left (6:00)
&7-8	Step Right forward and out to Right side, step Left to Left, HOLD

(Arm movements for couts &7-8):
Extend Right arm forward (&), extend Left arm forward (7), draw both arms in to chest (8)

TAG: 4 count tag to be danced at the end of Wall 4 (Facing 12:00)

1-2	Sway hips to Right
3-4	Swap hips to Left

ENDING: Wall 6, dance the first 2 sections (1-16). Then add counts 1-2 of section 3 omitting the 1/2 turn and only turn 1/4 to face the front