

# One's For The Girls (P)

Count: 64

Wand: 0

Ebene: Partner

Choreograf/in: Nancy Proulx & Louise Girouard

Musik: This One's for the Girls - Martina McBride



**Position: Skater. Man's left hand joined in lady's left, Right in right, Left hands crossed over right hands**

## **TOUCH, HOLD, TOUCH, HOLD, SAILOR SHUFFLE, SAILOR SHUFFLE**

- 1-2 Point left to left, hold
- &3-4 Bring left foot back beside right foot, point right to right, hold
- 5&6 Cross step right behind left foot, step left to left, step right to right
- 7&8 Cross step left behind right foot, step right to right, step left to left

## **KICK BALL STEP, STEP, TAP, ROCK & STEP, ROCK & STEP**

- 1&2 Kick right forward, step right next to left foot, step left forward
- 3-4 Step right forward, tap left next to right foot
- 5&6 Rock left to left, bring weight back on right foot, step left next to right foot
- 7&8 Rock right to right, bring weight back on left foot, step right next to left foot

## **STEP, STEP, SHUFFLE FORWARD, CROSS STEP, TOUCH, CROSS STEP, TOUCH**

- 1-2 Step left forward, step right forward
- 3&4 Shuffle left-right-left forward
- 5-6 Cross step right in front of left foot, point left to left
- 7-8 Cross step left in front of right foot, point right to right

## **ROCK STEP, COASTER STEP, HEEL STRUT 2X**

- 1-2 Rock right forward, bring weight back on left foot
- 3&4 Step back on right, step left next to right foot, step right forward
- 5-8 Step left heel forward, bring weight down on left foot, step right heel forward, bring weight down on right foot

## **STEP, SLIDE, STEP, SCUFF, (MAN ROCK STEP, LADY STEP, PIVOT ½ TURN) SHUFFLE ½ TURN**

- 1-4 Step left forward, slide right next to left foot, step left forward, scuff right

### **Pass left hands over lady's head**

- 5-8 **MAN:** Rock forward on right, bring weight back on left foot, shuffle right-left-right ½ turn right  
**LADY:** Step right forward, pivot ½ turn left, shuffle right-left-right ½ turn left

## **ROCK STEP, MAN SHUFFLE ½ TURN LADY SHUFFLE FORWARD), STEP ¼ TURN, SHUFFLE ¼ TURN**

- 1-2 **MAN:** Rock forward on left, bring weight back on right foot  
**LADY:** Rock back on left, bring weight back on right foot

### **Pass right hands over lady's head**

- 3&4 **MAN:** Shuffle left-right-left ½ turn left  
**LADY:** Shuffle left-right-left forward

### **Now in sweetheart position, release left hands, raise right hands**

- 5-6 Step right ¼ turn left, cross step left behind right foot

### **Pass right hands over lady's head**

- 7&8 Shuffle right-left-right ¼ turn right

## **HEEL GRIND, COASTER STEP, STEP, TAP, STEP, TAP**

- 1-2 Left heel forward pointing inwards, turn toes outwards (weight on left heel)
- 3&4 Step back on left, step right next to left foot, step left forward
- 5-8 Step right at 1:00, tap left next to right foot, step left at 11:00, tap right next to left foot

**MAN: TRIPLE STEP 2X LADY FULL TURN RIGHT, HEEL SWITCHES, TAP**

**Pass left hands over lady's head**

1-4            **MAN:** Triple step right-left-right in place, triple step left-right-left in place

**LADY:** Triple step right-left-right ½ turn right, triple step left-right-left ½ turn right (now in skater position)

5&6            Tap right heel forward, step right next to left foot, tap left heel forward

&7&8           Step left next to right foot, tap right heel forward, step right next to left foot, tap left next to right foot

**REPEAT**

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