

For The Girls

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Roland (Gutz) Gutzwiller (CH)

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



WALK RIGHT, LEFT, ROCK, RECOVER, ¼ RIGHT AND RIGHT FORWARD, WALK LEFT, RIGHT, ROCK, RECOVER, ¼ LEFT AND LEFT FORWARD

1-2-3&4 Walk forward right, left, rock right forward, recover on left, turn ¼ right and step right forward
5-6-7&8 Walk forward left, right, rock left forward, recover on right, turn ¼ left and step left forward

RIGHT FORWARD, ½ LEFT, RIGHT KICKBALL CHANGE, RIGHT FORWARD, RONDE ½ RIGHT, LEFT COASTER STEP

1-2 Right forward, on left turn ½ left
3&4 Kick right forward, step down on ball of right, left next to right
5-6- Right forward, make a ronde with left turning ½ right and touch left next to right,
7&8 Left backwards, right next to left, left forward

FORWARD STRUT RIGHT, LEFT, KICK RIGHT & LEFT & RIGHT & LEFT

1-2-3-4 Right toe forward, step down on right, left toe forward, step down on left
5&6& K right forward, step down on right, kick left forward, step down on left
7&8 K right forward, step down on right, kick left forward

BACK STRUT LEFT, RIGHT, LEFT SAILOR, RIGHT TOUCH

1-2-3-4 Left toe backwards, step down on left, right toe backwards, step down on right
5-6-7-8 Cross left behind right, right right, left left, touch right next to left

JAZZ-BOX TO THE RIGHT AND TO THE LEFT

1-2-3-4 Right forward, cross left over right, right backwards, left left
5-6-7-8 Cross right over left, left backwards, right right, left forward

RIGHT FORWARD, ½ LEFT, RIGHT FORWARD, ½ LEFT, ROCK RIGHT OVER LEFT, RECOVER, RIGHT RIGHT, HOLD & CLAP

1-2-3-4 Right forward, turn ½ left, right forward, turn ½ left
5-6-7-8 Rock right over left, recover on left, right right, hold & clap

LEFT OVER RIGHT, RECOVER, LEFT LEFT, CROSS & HITCH RIGHT, TOUCH RIGHT, CROSS & HITCH RIGHT, TOUCH RIGHT, CLAP

1-2-3-4 Cross left over right, recover on right, left left, cross and hitch right over left
5-6-7-8 Touch right right, cross and hitch right over left, touch right right, clap

RIGHT SAILOR, CLAP, ½ TURN LEFT INTO LEFT COASTER, CLAP

1-2-3-4 Cross right behind left, left left, right right, clap
5-6-7-8 Turn ½ left and step back on left, right next to left, left forward, clap

REPEAT

TAG

After wall 3

1-2-3-4 Right long step forward diagonally right, slide left towards right on 3 counts
5-6-7-8 Push hips left, right, left, right
1-2-3-4 Left long step forward diagonally left, slide right towards left 3 counts
5-6-7-8 Push hips right, left, right, left

