

# This One's For The Girls

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Lisa Ferguson (UK)

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



## **CROSS ROCK, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE**

- 1-2 Cross rock right over left, replace weight onto left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Cross rock left over right, replace weight onto right
- 7&8 Step left to left side, close right beside left, step left to left side.

## **ROCK, REPLACE, SHUFFLE ½ RIGHT, FULL TURN RIGHT, LEFT SHUFFLE FORWARD**

- 1-2 Rock forward on right, replace weight onto left
- 3&4 Make ½ turn shuffle over right stepping right, left, right
- 5-6 Make full turn over right shoulder stepping left, right
- 7&8 Step forward left, close right behind left, step forward left

## **CROSS, SIDE, BEHIND, STEP LEFT ¼ TURN LEFT, STEP RIGHT, ¾ PIVOT, RIGHT CHASSE**

- 1-2 Cross right over left, step left to left side
- 3-4 Cross right behind left, step left to ¼ turn left
- 5-6 Step forward on right making ¾ pivot turn over left
- 7&8 Step right to right side, close left beside right, step right to right side

## **CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP ½ PIVOT, LEFT SHUFFLE FORWARD**

- 1-2 Cross left over right, step right to right side
- 3-4 Cross left behind right, step right ¼ turn right
- 5-6 Step forward left, ½ pivot over right
- 7&8 Step forward left, close right behind left, step forward left

## **ROCK, REPLACE, RIGHT COASTER STEP, ROCK, REPLACE, ¾ TURN LEFT**

- 1-2 Rock forward on right, replace weight onto left
- 3&4 Step back on right, step back on left, step forward on right
- 5-6 Rock forward on left, replace weight onto right
- 7&8 Make ¾ turn shuffle over left shoulder stepping left, right, left

## **ROCK, REPLACE, RIGHT COASTER WITH ¼ TURN RIGHT, ROCK REPLACE, LEFT COASTER STEP**

- 1-2 Rock forward on right, replace weight onto left
- 3&4 Step back on right making ¼ turn right, step left beside right, step forward right
- 5-6 Rock forward on left, replace weight onto right
- 7&8 Step back on left, step back on right, step forward on left

## **2X ¼ PADDLE TURNS LEFT, CROSS, STEP BACK, RIGHT COASTER STEP**

- 1-2 Touching right out make ¼ turn left making sure weight stays on left
- 3-4 Touching right out make ¼ turn left making sure weight stays on left
- 5-6 Cross right over left, step back on left
- 7&8 Step back on right, step back on left, step forward on right

## **ROCK, REPLACE, SHUFFLE ½ TURN LEFT, 2 X 1/8 PADDLE TURNS LEFT**

- 1-2 Rock forward on left, replace weight onto right
- 3&4 Make ½ turn shuffle over left shoulder stepping left, right, left
- 5-6 Touching right out make 1/8 turn left making sure weight stays on left

7-8

Touching right out make 1/8 turn left making sure weight stays on left

**REPEAT**

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