

# One For Me

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Harry Heng (INA) - March 2022

**Musique:** Get Down (You're the One for Me) (LP Edit No Rap) - Backstreet Boys



## NO TAG NO RESTART

### I : CROSS ,SIDE , SAILOR STEP, CROSS , SIDE , ¼ TURN L SAILOR STEP

- 1 – 2            Cross R Over L (1), Step L To Side (2),  
3 & 4            Step R Behind L (3), Step L To Side (&), Step R To Side (4)  
5 - 6            Cross L Over R (5), Step R To Side (6)  
7 & 8            Turn ¼ L Step L Behind R (7), Step R To Side (&), Step L To Side (8)

### II: STEP FORWARD (R-L), CLOSE TOGETHER FORWARD (L-R), STEP BACK (L-R), RUN BACK L-R-L

- 1 – 2&           Step R Forward (1), Step L Forward (2), Close R Beside L (&)  
3 – 4            Step L Forward (3), Step R Forward (4)  
5 - 6            Step L Back (5), Step R Back (6)  
7 & 8            Run Back L (7), R (&), L (8)

### III : CROSS, SIDE, CROSS SHUFFLE, TURN ½ L CROSS , SIDE, CROSS SHUFFLE

- 1 – 2            Cross R Over L (1), Step L To Side (2),  
3 & 4            Cross R Over L (3), Step L To Side (&), Cross R Over L (4)  
5 – 6            Turn ½ L Cross L Over R (5), Step R To Side (6)  
7 & 8            Cross L Over R (7), Step R To Side (&), Cross L Over R (8)

### IV: FORWARD, TURN ¼ R STEP TO SIDE, TURN ¼ R COASTER STEP, FORWARD (L-R) , ANCHOR STEP

- 1 - 2            Step R Forward (1), Turn 1/4 R Step L To Side (2),  
3 & 4            Turn ¼ R Step R Back (3), Close L Beside R (&), Step R Forward (4)  
5 - 6            Step L Forward (5), Step R Forward (6),  
7 & 8            Step L Forward (7), Recover On R (&) Recover On L (8)
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