

# The One For Me

**Compte:** 32

**Mur:** 4

**Niveau:** Improver



**Chorégraphe:** Don Pascual (FR) - August 2014

**Musique:** The One For Me (J. Buckley, M. Denver, L. Morrissey, M. Roberts, T. Lalor, B. Quinn)

**Start on vocals (after 16 counts)**

**Sect 1: R toe fwd, R toe to R side, R coaster step, L,R,L toe switches, claps**

1-2 R toe forward, R toe to R side  
3&4 R back step (on ball), L beside R (on ball), step R forward  
5&6&7 L toe forward, L beside R, R toe forward, R beside L, L toe forward  
&8 Clap, clap

**Sect 2: R cross shuffle, L back step, R kick fwd, together, cross, R ½ T unwind, R kick ball stomp fwd \*\***

&1&2&3 L beside R, cross R over L, L to L side, cross R over L, L to L side, cross R over L  
&4 L back step (L diagonal), R kick forward (R diagonal)  
5&6 R beside L, Cross L over R, R ½ T on ball of both feet (ending weight on L)  
7&8 R kick forward, R beside L, stomp L forward

**\*\*:** Restart wall 2 facing 9h00

**Sect 3: R cross rock step, L cross shuffle, L ¼ T into a R side rock step, R brush x3 \*\*\***

1-2 Cross R over L, recover weight onto L  
&3&4 R beside L, cross L over R, R to R side, cross L over R  
5-6 Rock R to R side, recover weight onto L making a L ¼ T  
7&8 R brush forward, R brush backward (L diagonal crossing over L foot), R brush forward (R diagonal)

**\*\*\*:** Restart wall 6 facing 9h00

**Sect 4: R mambo fwd, R&L back scoots, L back mambo, R stomp up, claps**

1&2 Rock R forward, recover weight onto L, R back step  
&3 R scoot backward (hitching L), L back step  
&4 L scoot backward (hitching R), R back step  
5&6 L back rock, recover weight onto R, step L forward  
7&8 R stomp up beside L (keeping weight on L), clap, clap

**Have fun with this dance...**

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