

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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