

# This One's for You

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Donna Stanley (AUS) - May 2023  
音乐: Here's To The Ones - The Wolfe Brothers



Tag:

End Wall 1 1,2,3 sway L, 4,5,6 sway R. End with weight on R foot - 6.00

Restart:

Dance Wall 4 to count 24 (end Section 4). Start Wall 5 with Section 1, step L ¼ to L side (to face 6:00) and continue.

Intro: 30 counts (approx. 12 sec and start with vocals)

## Section 1 Left waltz basic, Weave right

1,2,3                      Step L to L side, step R behind L, step L in front of R (on spot). - 12.00  
4,5,6                      Step R to R side, step L behind R, step R to R side. - 12.00

## Section 2 Step forward, ½ + 1/8 turn R waltz basic

1,2,3                      (1) Step L forward, (2,3) Drag R together (keep weight on L) - 12.00  
4,5,6                      Step R to R side ¼ (to R) turn (3.00), step L forward ¼ (to R) turn (6.00), step R 1/8 (to R) beside L. End facing - 7.30

## Section 3 Step forward sweep, Step forward sweep (on diagonal to 7.30)

1,2,3                      (1) Step L forward, (2,3) sweep R from back to front (keep weight on L)  
4,5,6                      (4) Step R forward, (5,6) sweep L from back to front (keep weight on R)

## Section 4 ½ L turn waltz basic, Step back waltz basic

1,2,3                      Step L forward, step R ½ turn (to L) backwards, step L beside R. End facing - 1.30  
4,5,6                      Step R back, step L together, step R together - 1.30

## Section 5 Step forward sweep, Step forward sweep (on diagonal to 1.30)

1,2,3                      (1) Step L forward, (2,3) sweep R from back to front (keep weight on L)  
4,5,6                      (4) Step R forward, (5,6) sweep L from back to front (keep weight on R)

## Section 6 3/8 turn L waltz basic, Step back waltz basic

1,2,3                      Step L forward (1.30), step R ¼ turn (to L) (10.30), step L 1/8 turn (to L) (9.00)  
4,5,6                      Step R back, step L together, step R together - 9.00

## Section 7 Sway L, Sway R

1,2,3                      (1) Step L to L side and (2,3) sway to L (weight stays on L) - 9.00  
4,5,6                      (4) Step R to R side and (5,6) sway R (weight stays on R) -9.00

## Section 8 Left waltz basic, ¾ turn R waltz basic

1,2,3                      Step L to L side, step R behind L, step L in front R (on spot) – 9.00  
4,5,6                      Step R to R side ¼ turn (to R) (12.00), step L forward ½ turn (to R) (6.00), step R beside L – 6.00

END Wall 10 Facing 12:00 Dance Wall 10 to count 24 (end Section 4), step L forward. (Music slows)

Dedicated to Nana Sue, for Mothers Day and every day.

Thank You with all my heart to the women in my life who support me on this journey.  
You know who you are xxx

Last Update: 12 May 2023

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