

# One For Me

拍数: 40      墙数: 4      级数: Intermediate/Advanced  
编舞者: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)  
音乐: Back At One - Mark Wills



## 1 Count Intro!

### ROCK, RECOVER, POINT, BEHIND, SIDE, CROSS, UNWIND, SIDE, BEHIND, SIDE, CROSS, SWEEP, STEP

1&2      Rock right behind left, recover to left, point right to side  
3&4&5      Step right behind left, step left to side, cross right over left, unwind full turn left (weight to left), step right to side  
6&7      Step left behind right, step right to side, cross left over right  
&8      Sweep right to side, step right in front of left

### ROCK, RECOVER, SWEEP ¼ LEFT, ROCK, RECOVER, DRAG, ROCK, RECOVER, ¼ RIGHT, ¾ RIGHT, CROSS, SIDE

1&2      Rock left over right, recover to right, sweep left ¼ left (9:00)  
3&4      Rock left behind right, recover to right, step left large step to side (drag right in place beside left)  
5&6      Rock right behind left, recover to left, ¼ right (12:00) step right forward  
7&8&      ½ right (6:00) step left back, ¼ right (9:00) step right to side, cross left over right, step right to side

### ROCK, RECOVER, ¼ LEFT, ½ LEFT, BACK, CROSS, ROCK, RECOVER, ROCKING-CHAIR, FORWARD, ¼ LEFT, POINT

1&2      Rock left behind right, recover to right, ¼ left (6:00) step left forward  
3&4      ½ left (12:00) step right back, step left back, lock right over left  
5&      Rock left to side, recover to right (turning to right diagonal)  
6&7&      Rock left forward (still facing diagonal), recover to right, rock left back, recover to right  
8&1      Step left forward (still facing diagonal), ¼ left (9:00) step right back, point left to side

**On wall 5 only, step left in place beside right (9:00) and start the dance again from here**

### BEHIND, FORWARD, FORWARD, LOCK, FORWARD, FORWARD, ROCK, RECOVER, ½ LEFT, ½ LEFT, ½ LEFT, SIDE

2&3      Step left behind right, step right forward, step left forward  
4&5      Lock right behind left, step left forward, step right forward  
6&      Rock left forward, recover to right  
7&8&      ½ left (3:00) step left forward, ½ left (9:00) step right back, ½ left (3:00) step left forward, step right to side

### ROCK, RECOVER, SIDE, ROCK, RECOVER, ¼ RIGHT, STEP, TURN, SIDE, HINGE, SWAY, RECOVER

1&2      Rock left behind right, recover to right, step left to side

**On wall 2 only, touch right behind left, unwind ½ right over 2 counts (6:00) and start the dance again from here**

3&4      Rock right behind left, recover to left, ¼ right (6:00) step right forward  
5&6&      Step left forward, pivot ½ right (12:00) step right slightly forward, ¼ right (3:00) step left to side, hinge ½ right (9:00)  
7-8      Sway right to side, recover to left

## REPEAT