

# One's For The Girls (P)

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 0      级数: Partner  
编舞者: Nancy Proulx & Louise Girouard  
音乐: This One's for the Girls - Martina McBride



**Position: Skater. Man's left hand joined in lady's left, Right in right, Left hands crossed over right hands**

## **TOUCH, HOLD, TOUCH, HOLD, SAILOR SHUFFLE, SAILOR SHUFFLE**

1-2            Point left to left, hold  
&3-4        Bring left foot back beside right foot, point right to right, hold  
5&6        Cross step right behind left foot, step left to left, step right to right  
7&8        Cross step left behind right foot, step right to right, step left to left

## **KICK BALL STEP, STEP, TAP, ROCK & STEP, ROCK & STEP**

1&2        Kick right forward, step right next to left foot, step left forward  
3-4        Step right forward, tap left next to right foot  
5&6        Rock left to left, bring weight back on right foot, step left next to right foot  
7&8        Rock right to right, bring weight back on left foot, step right next to left foot

## **STEP, STEP, SHUFFLE FORWARD, CROSS STEP, TOUCH, CROSS STEP, TOUCH**

1-2        Step left forward, step right forward  
3&4        Shuffle left-right-left forward  
5-6        Cross step right in front of left foot, point left to left  
7-8        Cross step left in front of right foot, point right to right

## **ROCK STEP, COASTER STEP, HEEL STRUT 2X**

1-2        Rock right forward, bring weight back on left foot  
3&4        Step back on right, step left next to right foot, step right forward  
5-8        Step left heel forward, bring weight down on left foot, step right heel forward, bring weight down on right foot

## **STEP, SLIDE, STEP, SCUFF, (MAN ROCK STEP, LADY STEP, PIVOT ½ TURN) SHUFFLE ½ TURN**

1-4        Step left forward, slide right next to left foot, step left forward, scuff right

### **Pass left hands over lady's head**

5-8        **MAN:** Rock forward on right, bring weight back on left foot, shuffle right-left-right ½ turn right  
**LADY:** Step right forward, pivot ½ turn left, shuffle right-left-right ½ turn left

## **ROCK STEP, MAN SHUFFLE ½ TURN LADY SHUFFLE FORWARD), STEP ¼ TURN, SHUFFLE ¼ TURN**

1-2        **MAN:** Rock forward on left, bring weight back on right foot  
**LADY:** Rock back on left, bring weight back on right foot

### **Pass right hands over lady's head**

3&4        **MAN:** Shuffle left-right-left ½ turn left  
**LADY:** Shuffle left-right-left forward

### **Now in sweetheart position, release left hands, raise right hands**

5-6        Step right ¼ turn left, cross step left behind right foot

### **Pass right hands over lady's head**

7&8        Shuffle right-left-right ¼ turn right

## **HEEL GRIND, COASTER STEP, STEP, TAP, STEP, TAP**

1-2        Left heel forward pointing inwards, turn toes outwards (weight on left heel)  
3&4        Step back on left, step right next to left foot, step left forward  
5-8        Step right at 1:00, tap left next to right foot, step left at 11:00, tap right next to left foot

**MAN: TRIPLE STEP 2X LADY FULL TURN RIGHT, HEEL SWITCHES, TAP**

**Pass left hands over lady's head**

1-4            **MAN:** Triple step right-left-right in place, triple step left-right-left in place

**LADY:** Triple step right-left-right ½ turn right, triple step left-right-left ½ turn right (now in skater position)

5&6            Tap right heel forward, step right next to left foot, tap left heel forward

&7&8           Step left next to right foot, tap right heel forward, step right next to left foot, tap left next to right foot

**REPEAT**

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