

# This One's For The Girls

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Lisa Ferguson (UK)  
音乐: This One's for the Girls - Martina McBride



## **CROSS ROCK, RIGHT CHASSE, CROSS ROCK, LEFT CHASSE**

1-2      Cross rock right over left, replace weight onto left  
3&4      Step right to right side, close left beside right, step right to right side  
5-6      Cross rock left over right, replace weight onto right  
7&8      Step left to left side, close right beside left, step left to left side.

## **ROCK, REPLACE, SHUFFLE ½ RIGHT, FULL TURN RIGHT, LEFT SHUFFLE FORWARD**

1-2      Rock forward on right, replace weight onto left  
3&4      Make ½ turn shuffle over right stepping right, left, right  
5-6      Make full turn over right shoulder stepping left, right  
7&8      Step forward left, close right behind left, step forward left

## **CROSS, SIDE, BEHIND, STEP LEFT ¼ TURN LEFT, STEP RIGHT, ¾ PIVOT, RIGHT CHASSE**

1-2      Cross right over left, step left to left side  
3-4      Cross right behind left, step left to ¼ turn left  
5-6      Step forward on right making ¾ pivot turn over left  
7&8      Step right to right side, close left beside right, step right to right side

## **CROSS, SIDE, BEHIND, ¼ TURN RIGHT, STEP ½ PIVOT, LEFT SHUFFLE FORWARD**

1-2      Cross left over right, step right to right side  
3-4      Cross left behind right, step right ¼ turn right  
5-6      Step forward left, ½ pivot over right  
7&8      Step forward left, close right behind left, step forward left

## **ROCK, REPLACE, RIGHT COASTER STEP, ROCK, REPLACE, ¾ TURN LEFT**

1-2      Rock forward on right, replace weight onto left  
3&4      Step back on right, step back on left, step forward on right  
5-6      Rock forward on left, replace weight onto right  
7&8      Make ¾ turn shuffle over left shoulder stepping left, right, left

## **ROCK, REPLACE, RIGHT COASTER WITH ¼ TURN RIGHT, ROCK REPLACE, LEFT COASTER STEP**

1-2      Rock forward on right, replace weight onto left  
3&4      Step back on right making ¼ turn right, step left beside right, step forward right  
5-6      Rock forward on left, replace weight onto right  
7&8      Step back on left, step back on right, step forward on left

## **2X ¼ PADDLE TURNS LEFT, CROSS, STEP BACK, RIGHT COASTER STEP**

1-2      Touching right out make ¼ turn left making sure weight stays on left  
3-4      Touching right out make ¼ turn left making sure weight stays on left  
5-6      Cross right over left, step back on left  
7&8      Step back on right, step back on left, step forward on right

## **ROCK, REPLACE, SHUFFLE ½ TURN LEFT, 2 X 1/8 PADDLE TURNS LEFT**

1-2      Rock forward on left, replace weight onto right  
3&4      Make ½ turn shuffle over left shoulder stepping left, right, left  
5-6      Touching right out make 1/8 turn left making sure weight stays on left

7-8

Touching right out make 1/8 turn left making sure weight stays on left

**REPEAT**

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