

# The One For Me

COPPERKNOB  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Don Pascual (FR) - August 2014  
音乐: 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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