

One for the Girls

拍數: 32 牆數: 2 級數: Intermediate Rolling Count
編舞者: Helen Wyndow (AUS) - April 2022
音樂: You Don't Own Me (feat. Ariana Grande) - Kristin Chenoweth : (Album: For the Girls)



Intro: 16 counts

S.1: R CROSS, BACK, SIDE-CROSS-SIDE-BEHIND-SIDE, FORWARD DRAG, BACK TOUCH, FWD ½ TURN L, BACK HOOK

1,2 & 3 & Cross R over L, back on L, R to right side, cross L over R, Right to R side,
4 & Left behind R, Right to R side,
5 & 6 Step forward on Left, drag Right forward up to Left, step back Right,
& touch Left toe in front of Right
7 & 8 Step Left fwd, turn ½ left stepping back on R, back on L hooking R across L

S.2: R FWD SWEEP CROSS SIDE-BEHIND-SIDE-CROSS, SWAY R, SWAY L, BALL-STEP, L SAILOR

1,2 Step Right forward sweeping Left around R (1), Cross Left over R (2)
& 3 & 4 Step Right to R side, Left behind R, Right to R side, cross L over R
5,6 & Sway Right, Sway Left, step on ball of Right,
7 & 8 Cross L behind R, Right to R side, Left beside R

*** RESTART Wall 2

S.3: R SIDE/DRAG, BALL CROSS, BALL CROSS, BALL CROSS, BACK, SIDE, SIDE-ROCK/RECOVER, TOGETHER

1,2 Long step Right to R side, Slow drag Left towards Right
& 3 & 4 Step on ball of L foot, Cross R over L, step on ball of L foot, cross R over L
& step on ball of Left foot

*** RESTARTS WALLS 1,3,5

5,6 &, Cross Right over Left (5), back on Left (6), small step Right to R side (&),
7,8 & Rock Left to Left side (7), recover on Right (8), step Left beside R (&)

S 4: R ROCK FWD, BACK, ½ TURN R, FWD ½ TURN R, FWD ½ TURN R, SIDE TOUCH, SIDE TOUCH, L CHASSE

1,2 & Rock forward on Right (1), recover on L (2), turn ½ Right onto Right foot (&),
3 & 4 Step fwd on Left (3), pivot ½ R onto Right (&), Step fwd Left (4), pivot ½ R
& onto Right (&)
5 & 6 & Step Left to L side, touch R beside L, step Right to R side, touch L beside R
7 & 8 Step Left to left side, step Right next to L, step Left to left side

*** Restarts: Wall 1, 3 (facing 6:00) and 5 (facing 12:00) after Count 20&

Wall 2 (facing 12:00) after Count 16

** Alternative for Section 4 turns: Instead of the 3 x ½ turns, substitute with:

1,2,3 & 4 Step fwd on Right, back on Left, ½ turn Right Shuffle forward then continue with steps
5&6&7&8