

# The One For Me (P)

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver line/partner dance  
編舞者: Kathy Hunyadi (USA)  
音樂: From Time to Time - Rascal Flatts



Position: Side by Side (Sweetheart) position, facing LOD

## STEP FORWARD, TOUCH, TRIPLE STEP BACK, STEP BACK, TOUCH TRIPLE STEP BACK

1-2            Step forward on right, touch left beside right  
3&4           Triple step (shuffle) back at slight angle left (left, right, left)  
5-6           Step back at slight angle right, touch left beside right  
7&8           Triple step (shuffle) back at slight angle left (left, right, left)

## ROCK STEP, TRIPLE STEP, ROCK STEP, COASTER STEP

1-2            Rock back on right, step left in place  
3&4           Triple step (shuffle) forward right, left, right (3rd position)  
5-6           Rock forward on left, step right in place  
7&8           Step left back, step right beside left, step left slightly forward (coaster step)

## SIDE TOGETHER, TRIPLE STEP, CROSS ROCK, TRIPLE STEP

1-2            Step side right on right, step left together with right  
3&4           Step right to side, step left beside right, step right to side turning toes out slightly  
5-6           Step forward and across right foot with left, step right foot in place  
7&8           Step side left on left, step right beside left, step left slightly side left

## JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD RIGHT, LEFT, RIGHT LEFT

1-4            Cross right over left, step back on left, step forward on right turning ¼ to right, step left slightly forward  
5-8            Walk forward right, left, right, left (small steps)

## REPEAT

## PARTNERS VERSION

All footwork is same for men and women and follows the line dance pattern for the first 24 counts. On counts 25-32 (the last 8 counts) the man just walks forward for 8 counts progressing the dance around the floor. The lady has several options on the last 8 counts (with partner's help).

### Option 1 (boring):

1-8            Lady also walk forward for 8 counts

### Option 2:

1-4            Turn right 2 full turns (lady's outside turn)  
5-8            Walk forward for 4 counts

### Option 3 (tricky):

1-2            Turn 1 full turn right  
3-4            Walk forward  
5-6            Full turn left  
7-8            Walk forward (tricky)