

One's For The Girls (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Nancy Proulx & Louise Girouard
音樂: 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
