

# This One's For The Girls

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner west coast swing  
編舞者: Sunday Murch (USA)  
音樂: This One's for the Girls - Martina McBride



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## ROCK RIGHT FOOT FRONT AND BACK, PIVOT A FULL TURN

1-2      Rock right foot front  
3-4      Rock right foot back  
5-6      Pivot stepping right turn left  $\frac{1}{2}$   
7-8      Pivot stepping right turn left  $\frac{1}{2}$

## WEAVE FRONT AND BACK $\frac{1}{4}$ TURN RIGHT, TAP LEFT FOOT SIDE, CROSS KICK, CROSS KICK

1-4      Weave: right foot front, right foot back as you  $\frac{1}{4}$  turn towards right, tap left foot side  
5-6      Cross left over right, kick right  
7-8      Cross right over left, kick left

## RONDE JAM RIGHT FOOT, TURNING $\frac{1}{2}$ TO LEFT, SHUFFLE UP RIGHT AND LEFT

1-4      Right foot circle in towards body (ronde jam) as you turn  $\frac{1}{2}$  towards left  
5&6      Shuffle up right  
7&8      Shuffle up left

## STEP RIGHT TO SIDE, HOLD, HIPS SWAY LEFT, HIPS SWAY RIGHT, SCOOT TO LEFT

1-      Step open to right  
2      Hold  
3&4      Sway hips to left  
5&6      Sway hips to right  
7-8      Shoot to left

**REPEAT**

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