

# This One's For The Girls

**COPPER** **NOB**  
BY STEPHEN BATES

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Willie Brown (SCO) - October 2010  
音樂: This One's For The Girls - Olly Murs



[quick intro - Start on the word 'girl' - 'This one's for the 'girl' '....]

## Section 1: WALK, WALK, 3/4 PIVOT, SAILOR, SAILOR

1,2                      Step forward on Right, step forward on left  
3&4                      Step forward on Right, pivot 3/4 Left taking weight on Left, step Right to Right side  
5&6                      Cross Left behind Right, step Right to Right side, step Left to Left side  
7&8                      Cross Right behind Left, step Left to Left side, step right to Right side

## Section 2: CROSS, SIDE, 1/2 SAILOR, BUMP & BUMP & COASTER

1,2                      Cross Left over Right, step Right to right side  
3&4                      Cross Left behind Right, turn 1/4 Left stepping Right in place, turn another 1/4 Left stepping Left in place  
5&6&                      Touch Right toe forward bumping hips forward, bump back, bump forward, bump back  
(weight stays on Left)  
7&8                      Step back on Right, step Left beside Right, step forward on Right

## Section 3: LOCK STEP, 1/2 MAMBO, FULL TURN, SIDE ROCK CROSS

1&2                      Step forward on Left, lock Right behind Left, step forward on Left  
3&4                      Rock forward on Right, recover weight back on Left, turn 1/2 Right and step forward on Right  
5,6                      Turn 1/2 Right and step back on Left, turn 1/2 Right and step forward on Right  
(easier option; walk forward Left, Right)  
7&8                      Rock Left out to Left side, recover weight on Right, cross Left over Right

## Section 4: SIDE ROCK CROSS, 1/4, 1/4, CROSS, SIDE MAMBO & SIDE MAMBO & TOUCH

1&2                      Rock Right out to Right side, recover weight on Left, cross Right over Left  
3&4                      Turn ¼ Right and step back on Left, turn another ¼ Right and step Right to right side, cross Left over right  
5&6&                      Rock Right out to Right side, recover weight on Left, step right beside Left  
7&8                      Rock Left out to Left side, recover weight on Right, step Left beside Right, touch Right toe beside left

...START AGAIN...

**TAG; After completing walls 4 & 8 (both times you'll be facing the front) just repeat the last 4 counts – 'Side mambo & Side mambo & Touch'**

Contact: [williebrownuk@yahoo.co.uk](mailto:williebrownuk@yahoo.co.uk)