

This One's For The Girls

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Willie Brown [Oct 2010]

Music: 'This one's for the girls' - Olly Murs Approx 100 bpm

[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 1/4 Right and step back on Left, turn another 1/4 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'

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