

# THIS ONE'S FOR THE GIRLS

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**Count:** 32

**Wall:** 4

**Level:** beginner west coast swing

**Choreographer:** Sunday Murch

**Music:** This One's For The Girls by Martina McBride

## 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