

The One For Me

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Don Pascual - Aug 2014

Music: The One For Me (J. Buckley, M. Denver, L. Morrissey, M. Roberts, T. Lalor, B. Quinn)

Start on vocals (after 16 counts)

Sect 1: R toe fwd, R toe to R side, R coaster step, L,R,L toe switches, claps

1-2: R toe forward, R toe to R side

3&4: R back step (on ball), L beside R (on ball), step R forward

5&6&7: L toe forward, L beside R, R toe forward, R beside L, L toe forward

&8: Clap, clap

Sect 2: R cross shuffle, L back step, R kick fwd, together, cross, R ½ T unwind, R kick ball stomp fwd **

&1&2&3: L beside R, cross R over L, L to L side, cross R over L, L to L side, cross R over L

&4: L back step (L diagonal), R kick forward (R diagonal)

5&6: R beside L, Cross L over R, R ½ T on ball of both feet (ending weight on L)

7&8: R kick forward, R beside L, stomp L forward

****:** Restart wall 2 facing 9h00

Sect 3: R cross rock step, L cross shuffle, L ¼ T into a R side rock step, R brush x3 ***

1-2: Cross R over L, recover weight onto L

&3&4: R beside L, cross L over R, R to R side, cross L over R

5-6: Rock R to R side, recover weight onto L making a L ¼ T

7&8: R brush forward, R brush backward (L diagonal crossing over L foot), R brush forward (R diagonal)

*****:** Restart wall 6 facing 9h00

Sect 4: R mambo fwd, R&L back scoots, L back mambo, R stomp up, claps

1&2: Rock R forward, recover weight onto L, R back step

&3: R scoot backward (hitching L), L back step

&4: L scoot backward (hitching R), R back step

5&6: L back rock, recover weight onto R, step L forward

7&8: R stomp up beside L (keeping weight on L), clap, clap

Have fun with this dance...

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