

# ONE FOR ME

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**Count:** 40

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Andrew Palmer , Simon J. & Sheila A. Cox

**Music:** Back At One by Mark Wills

## 1 Count Intro!

**ROCK, RECOVER, POINT, BEHIND, SIDE, CROSS, UNWIND, SIDE, BEHIND, SIDE, CROSS, SWEEP, STEP**

**1&2** Rock right behind left, recover to left, point right to side

**3&4&5** Step right behind left, step left to side, cross right over left, unwind full turn left (weight to left), step right to side

**6&7** Step left behind right, step right to side, cross left over right

**&8** Sweep right to side, step right in front of left

**ROCK, RECOVER, SWEEP ¼ LEFT, ROCK, RECOVER, DRAG, ROCK, RECOVER, ¼ RIGHT, ¾ RIGHT, CROSS, SIDE**

**1&2** Rock left over right, recover to right, sweep left ¼ left (9:00)

**3&4** Rock left behind right, recover to right, step left large step to side (drag right in place beside left)

**5&6** Rock right behind left, recover to left, ¼ right (12:00) step right forward

**7&8&½ right (6:00) step left back, ¼ right (9:00) step right to side, cross left over right, step right to side**

**ROCK, RECOVER, ¼ LEFT, ½ LEFT, BACK, CROSS, ROCK, RECOVER, ROCKING-CHAIR, FORWARD, ¼ LEFT, POINT**

**1&2** Rock left behind right, recover to right, ¼ left (6:00) step left forward

**3&4½ left (12:00) step right back, step left back, lock right over left**

**5&** Rock left to side, recover to right (turning to right diagonal)

**6&7&** Rock left forward (still facing diagonal), recover to right, rock left back, recover to right

**8&1** Step left forward (still facing diagonal), ¼ left (9:00) step right back, point left to side

**On wall 5 only, step left in place beside right (9:00) and start the dance again from here**

**BEHIND, FORWARD, FORWARD, LOCK, FORWARD, FORWARD, ROCK, RECOVER, ½ LEFT, ½ LEFT, ½ LEFT, SIDE**

**2&3** Step left behind right, step right forward, step left forward

**4&5** Lock right behind left, step left forward, step right forward

**6&** Rock left forward, recover to right

**7&8&½ left (3:00) step left forward, ½ left (9:00) step right back, ½ left (3:00) step left forward, step right to side**

**ROCK, RECOVER, SIDE, ROCK, RECOVER, ¼ RIGHT, STEP, TURN, SIDE, HINGE, SWAY, RECOVER**

**1&2** Rock left behind right, recover to right, step left to side

**On wall 2 only, touch right behind left, unwind ½ right over 2 counts (6:00) and start the dance again from here**

**3&4** Rock right behind left, recover to left, ¼ right (6:00) step right forward

**5&6&** Step left forward, pivot ½ right (12:00) step right slightly forward, ¼ right (3:00) step left to side, hinge ½ right (9:00)

**7-8** Sway right to side, recover to left

**REPEAT**