

# FOR THE GIRLS

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Tracy White & Julie Hearne

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

## SWAY, SWAY- STEP, DRAG. SWAY, SWAY - STEP DRAG

- 1-2** Step onto right foot (in place) swaying hips to right, step onto left foot(in place), sway hips to left
- 3-4** Step right forward, drag left towards right
- 5-6** Step onto left foot (in place) swaying hips to left, step onto right foot (in place), sway hips to right
- 7-8** Step left foot forward, drag right towards left (weight on left foot)

## STEP FORWARD, ½ PIVOT, TOE-STRUT, ROCK FORWARD, ¼ RIGHT, ROCK BACK, REPLACE

- 1-4** Step right forward, pivot ½ turn to left, taking weight onto left foot, toe strut forward on right (toe-heel)
- 5-6** Rock-step left over right on right diagonal, replace on right with ¼ turn to left
- 7-8** Rock-step back onto left replace on right

## STEP ½ PIVOT, FULL TURN, STEP BACK, DRAG, STEP BACK, DRAG

- 1-2** Step left forward, pivot ½ turn to right taking weight onto right
- 3&4** Full right turn (left, right, left) traveling forward
- 5-6** Step back to right diagonal, drag left to right
- 7-8** Step back to left diagonal, drag right to left

## ½ TURN, SHUFFLE, ROCK FORWARD, REPLACE, ROCK BACK, STEP RIGHT, REPLACE, ¾ TOE TURN RIGHT

### 1&2½ turn to right (weight on left), shuffle forward right, left, right

- 3-4** Rock forward on left, replace back on right
- 5&6** Rock back on left, small step to right side, replace on to left
- 7-8** Right toe behind ¾ turn right (take weight onto right)

## **½ TOE TURN RIGHT, STEP, BEHIND, STEP ¼ RIGHT, STEP ½ RIGHT, KICK, COASTER**

- 1-2** Left toe in front ½ turn (continuing turn in right direction)
- 3-4** Step right to side, step left behind
- &5-6** Step right with ¼ turn to right, left in front, ½ turn right taking weight onto the left foot  
kick, right foot forward
- 7&8** Right coaster backwards (step right back, left beside, right forward)

## **STEP, LUNGE, STEP BACK ¼ LEFT, SIDE POINT, TAP, TAP, SIDE, HEEL, HOOK, STEP, ROCK BACK, ½ LEFT, STEP**

- &1-2** Step left beside right, lunge forward onto right, step back on left with ¼ turn to left leaving right leg extended to right side
- 3&4** Tap right toe next to left foot twice and return to extended position to right side
- 5&6** Heel at right 45, brush up, step forward onto right
- 7&8** Rock forward onto left, replace on right with ½ turn left, stepping onto left

## **ROCK, REPLACE, STEP DIAGONAL RIGHT, STEP DIAGONAL LEFT, ¼ LEFT, STEP RIGHT, LEFT BEHIND**

- 1&2** Rock back on right diagonal, replace weight on left, bring right toe next to left foot, weight on left
- 3-4** Step right foot forward to right diagonal, place left toe beside right foot with left knee bent, facing right diagonal
- 5-6** Step left foot forward to left diagonal, place right toe beside left foot with right knee bent, facing left diagonal
- 7-8** Turn 45 degrees left, step right to side, step left behind (now directly facing the side wall)

## **STEP RIGHT, ¼ LEFT, STEP LEFT, STEP RIGHT, ROCK BACK, ¼ RIGHT, FULL TURN RIGHT, STEP BACK, DRAG**

- &1-2** Step right beside left, ¼ turn left, step forward left, step forward right
- 3-4** Rock back onto left, step right to side with ¼ turn to right
- 5-6** Full turn right on right foot, taking weight onto left (at end of turn)
- 7-8** Step back on right, drag left to right taking weight onto left

## **REPEAT**

## TAG

### After wall 3

1-2 Step back on right turning 45 degrees to right

**3-4¼ turn to left, step back on left**

**5-6¼ turn to left, step back on right**

7-8 Turn 45 degrees to left, step back on left

1-4 Rock back onto right, replace on left, toe strut forward on right

5&6 Stamp heel twice, full turn right on right foot and replace weight onto left at end of turn

7-8 Step forward on right, full turn on right and replace weight on left foot at end of turn

## TAG

### After wall 5

1-2 Step back on right turning 45 degrees to right

**3-4¼ turn to left, step back on left**

**5-6¼ turn to left, step back on right**

7-845 Degrees turn to left, step back on left

1-4 Rock back onto right, replace on left, toe strut forward on right

5&6 Stamp heel twice, full turn right on right foot and replace weight onto left at end of turn

7-8 Step forward on right, full turn on right and replace weight on left foot at end of turn

&1-2 Syncopated step on right, rock forward on left, replace back on right

3&4 Lock step back (left, right, left) on diagonal

5-6 Right Monterey ½ turn

7-8 Left samba (step left to left side, replace on right center, step left across right) moving forward

**1-2** Step back on right turning 45 degrees to right

**3-4¼ turn to left, step back on left**

**5-6¼ turn to left, step back on right**

**7-8** Turn 45 degrees to left, step back on left

**ENDING**

**To finish complete 34 counts of dance, step right foot to side and drag left to right**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=54568](https://www.linedance.com/index.php?f=dance_view&id=54568)