

ONE'S FOR THE GIRLS

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Count: 64 **Wall:** — **Level:** —

Choreographer: Nancy Proulx & Louise Girouard

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

Position:Skater. **Man's left hand joined in lady's left, Right in right, Left hands crossed over right hands**

TOUCH, HOLD, TOUCH, HOLD, SAILOR SHUFFLE, SAILOR SHUFFLE

- 1-2** Point left to left, hold
- &3-4** Bring left foot back beside right foot, point right to right, hold
- 5&6** Cross step right behind left foot, step left to left, step right to right
- 7&8** Cross step left behind right foot, step right to right, step left to left

KICK BALL STEP, STEP, TAP, ROCK & STEP, ROCK & STEP

- 1&2** Kick right forward, step right next to left foot, step left forward
- 3-4** Step right forward, tap left next to right foot
- 5&6** Rock left to left, bring weight back on right foot, step left next to right foot
- 7&8** Rock right to right, bring weight back on left foot, step right next to left foot

STEP, STEP, SHUFFLE FORWARD, CROSS STEP, TOUCH, CROSS STEP, TOUCH

- 1-2** Step left forward, step right forward
- 3&4** Shuffle left-right-left forward
- 5-6** Cross step right in front of left foot, point left to left
- 7-8** Cross step left in front of right foot, point right to right

ROCK STEP, COASTER STEP, HEEL STRUT 2X

- 1-2** Rock right forward, bring weight back on left foot
- 3&4** Step back on right, step left next to right foot, step right forward
- 5-8** Step left heel forward, bring weight down on left foot, step right heel forward, bring weight down on right foot

STEP, SLIDE, STEP, SCUFF, (MAN ROCK STEP, LADY STEP, PIVOT ½ TURN) SHUFFLE ½ TURN

1-4 Step left forward, slide right next to left foot, step left forward, scuff right

Pass left hands over lady's head

**5-8MAN: Rock forward on right, bring weight back on left foot, shuffle right-left-right
½ turn right**

LADY: Step right forward, pivot ½ turn left, shuffle right-left-right ½ turn left

**ROCK STEP, MAN SHUFFLE ½ TURN LADY SHUFFLE FORWARD), STEP ¼ TURN, SHUFFLE
¼ TURN**

1-2MAN: Rock forward on left, bring weight back on right foot

LADY: Rock back on left, bring weight back on right foot

Pass right hands over lady's head

3&4MAN: Shuffle left-right-left ½ turn left

LADY: Shuffle left-right-left forward

Now in sweetheart position, release left hands, raise right hands

5-6 Step right ¼ turn left, cross step left behind right foot

Pass right hands over lady's head

7&8 Shuffle right-left-right ¼ turn right

HEEL GRIND, COASTER STEP, STEP, TAP, STEP, TAP

1-2 Left heel forward pointing inwards, turn toes outwards (weight on left heel)

3&4 Step back on left, step right next to left foot, step left forward

5-8 Step right at 1:00, tap left next to right foot, step left at 11:00, tap right next to left foot

MAN: TRIPLE STEP 2X LADY FULL TURN RIGHT, HEEL SWITCHES, TAP

Pass left hands over lady's head

1-4MAN: Triple step right-left-right in place, triple step left-right-left in place

**LADY: Triple step right-left-right ½ turn right, triple step left-right-left ½ turn right
(now in skater position)**

5&6 Tap right heel forward, step right next to left foot, tap left heel forward

&7&8 Step left next to right foot, tap right heel forward, step right next to left foot, tap left next to right foot

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33610