

## One For Me

40 count, 4 wall, intermediate/advanced level  
Choreographer: Andrew Simon and Sheila (UK)  
March 2005

Choreographed to: Back at One by Mark Wills, CD:  
Permanently or Greatest Hits

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NB: You need to be on the dance floor – DJ ready to press play and call “GO”, 1 Count Intro!

**Rock. Recover. Point. Behind. Side. Cross. Unwind. Side. Behind. Side. Cross. Sweep. Step.**

- 1&2 Rock R behind L, Recover to L, Point R to side.  
3&4&5 Step R behind L, Step L to side, Cross R over L, Unwind Full Turn L (weight to L), Step R to side  
6&7 Step L behind R, Step R to side, Cross L over R.  
8& Sweep R to side, Step R in front of L.

**Rock. Recover. Sweep 1/4 L. Rock. Recover. Drag. Rock. Recover. 1/4 R. 3/4 R. Cross. Side.**

- 1&2 Rock L over R, Recover to R, Sweep L 1/4 L [9:00].  
3&4 Rock L behind R, Recover to R, Step L large step to side (drag R in place beside L).  
5&6 Rock R behind L, Recover to L, 1/4 R [12:00] Step R fwd.  
7&8& 1/2 R [6:00] Step L back, 1/4 R [9:00] Step R to side, Cross L over R, Step R to side.

**Rock. Recover. 1/4 L. 1/2 L. Back. Cross. Rock. Recover. Rocking-Chair. Fwd. 1/4 L. Point.**

- 1&2 Rock L behind R, Recover to R, 1/4 L [6:00] Step L fwd.  
3&4 1/2 L [12:00] Step R back, Step L back, Lock R over L.  
5& Rock L to side, Recover to R (turning to R diagonal).  
6&7& Rock L fwd (still facing diagonal), Recover to R, Rock L back, Recover to R.  
8&1 Step L fwd (still facing diagonal), 1/4 L [9:00] Step R back, Point L to side.

**Restart:** On wall 5 **only** Step L in place beside R [9:00] and start the dance again.

**Behind. Fwd. Fwd. Lock. Fwd. Fwd. Rock. Recover. 1/2 L. 1/2 L. 1/2 L. Side.**

- 2&3 Step L behind R, Step R fwd, Step L fwd.  
4&5 Lock R behind L, Step L fwd, Step R fwd.  
6& Rock L fwd, Recover to R.  
7&8& 1/2 Left [3:00] Step L fwd, 1/2 Left [9:00] Step R back, 1/2 Left [3:00] Step L fwd, Step R to side.

**Rock. Recover. Side. Rock. Recover. 1/4 R. Step. Turn. Side. Hinge. Sway. Recover.**

- 1&2 Rock L behind R, Recover to R, Step L to side.

**Restart:** On wall 2 **only** Touch R behind L, Unwind 1/2 R over 2 counts [6:00] and start the dance again.

- 3&4 Rock R behind L, Recover to L, 1/4 R [6:00] Step R fwd.  
5&6& Step L fwd, Pivot 1/2 R [12:00] Step R slightly fwd, 1/4 R [3:00] Step L to side, hinge 1/2 R [9:00].  
7,8 Sway R to side, Recover to L.

Start the dance again.

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