

The One For Me

32 Count, 4 Wall, Improver

Choreographer: Don Pascual (FR) Sept 2014

Choreographed to: The One For Me by Jimmy Buckley, Mike Denver, Louise Morrissey, Marc Roberts, Trudi Lalor & Brendan Quinn

Intro: 16

RIGHT TOE FORWARD, RIGHT TOE TO RIGHT SIDE, RIGHT COASTER STEP, LEFT, RIGHT, LEFT TOE SWITCHES, CLAPS

- 1-2 Touch right forward, touch right side
- 3&4 Right coaster step
- 5&6& Touch left forward, step left together, touch right forward, step right together
- 7&8& Touch left forward, clap, clap, step left together

RIGHT CROSS SHUFFLE, LEFT BACK STEP, RIGHT KICK FORWARD, TOGETHER, CROSS, RIGHT ½ TURN UNWIND, RIGHT KICK BALL STOMP FORWARD

- 1&2& Cross right over, step left side, cross right over, step left side
- 3&4 Cross right over, step left diagonally back, kick right diagonally forward
- 5&6 Step right together, cross left over, unwind ½ right (weight to left)
- 7&8 Right kick ball step

Restart wall 2 facing 9:00

RIGHT CROSS ROCK STEP, LEFT CROSS SHUFFLE, LEFT ¼ TURN INTO A RIGHT SIDE ROCK STEP, RIGHT BRUSH X3

- 1-2& Cross/rock right over, recover to left, step right together
- 3&4 Crossing chassé left-right-left
- 5-6 Step right side, turn ¼ left (weight to left)
- 7&8 Brush right forward, brush right back, brush right forward

Restart wall 6 facing 9:00

RIGHT MAMBO FORWARD, RIGHT & LEFT BACK SCOOTs, LEFT BACK MAMBO, RIGHT STOMP UP, CLAPS

- 1&2 Rock right forward, recover to left, step right back
- &3 Hop right back and hitch left, step left back
- &4 Hop left back and hitch right, step right back
- 5&6 Rock left back, recover to right, step left forward
- 7&8 Stomp right together (weight to left), clap, clap

RESTARTS

- after count 16 on wall 2
- after count 24 on wall 6