

This One's For The Girls

32 Count, 4 Wall, Intermediate

Choreographer: Willie Brown (UK) Oct 2010
Choreographed to: This One's For The Girls by
Olly Murs (100 bpm)

Quick intro - Start on the word 'girl' - 'This one's for the girl'....

WALK, WALK, 3/4 PIVOT, SAILOR, SAILOR

- 1,2 Step forward on Right, step forward on left
3&4 Step forward on Right, pivot 3/4 Left taking weight on Left, step Right to Right side
5&6 Cross Left behind Right, step Right to Right side, step Left to Left side
7&8 Cross Right behind Left, step Left to Left side, step right to Right side

CROSS, SIDE, 1/2 SAILOR, BUMP & BUMP & COASTER

- 1,2 Cross Left over Right, step Right to right side
3&4 Cross Left behind Right, turn 1/4 Left stepping Right in place,
turn another 1/4 Left stepping Left in place
5&6& Touch Right toe forward bumping hips forward, bump back, bump forward,
bump back (weight stays on Left)
7&8 Step back on Right, step Left beside Right, step forward on Right

LOCK STEP, 1/2 MAMBO, FULL TURN, SIDE ROCK CROSS

- 1&2 Step forward on Left, lock Right behind Left, step forward on Left
3&4 Rock forward on Right, recover weight back on Left, turn 1/2 Right and step forward on Right
5,6 Turn 1/2 Right and step back on Left, turn 1/2 Right and step forward on Right
(easier option; walk forward Left, Right)
7&8 Rock Left out to Left side, recover weight on Right, cross Left over Right

SIDE ROCK CROSS, 1/4, 1/4, CROSS, SIDE MAMBO & SIDE MAMBO & TOUCH

- 1&2 Rock Right out to Right side, recover weight on Left, cross Right over Left
3&4 Turn 1/4 Right and step back on Left, turn another 1/4 Right and step Right to right side,
cross Left over right
5&6& Rock Right out to Right side, recover weight on Left, step right beside Left
7&8 Rock Left out to Left side, recover weight on Right, step Left beside Right,
touch Right toe beside left

TAG: After completing walls 4 & 8 (both times you'll be facing the front) just repeat the last 4 counts –
'Side mambo & Side mambo & Touch'