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This One's For You (LDF Blackburn)

64 Count, 2 Wall, Intermediate

Choreographer: Val O'Connor (UK) Sept 2016

Choreographed to: This One's For You by David Guetta,
ft. Zara Larsson

Track: 3:27mins

Intro: 16 Counts Just Before Vocals (11 Secs Approx)

Section 1: R Cross Back & Walk Lr, L Side Rock Cross Shuffle

1-2&3-4 Cross R over L, step back on L, (&) step R next to L, walk forward L R

5-6-7&8 Rock L to L side, recover onto R, cross R over L, (&) step R to R side, cross R over L

Section 2: Side R, Twist ¼ L, L Coaster Cross, Side R Touch L, L Kick Ball Cross

1-2-3&4 Step R to R side, twist both feet ¼ L, step back on L, (&) step R next to L, cross L over R (9)

5-6-7&8 Step R to R side, touch L next to R, kick L to L diagonal, (&) step down on L, cross R over L

Section 3: ¼ L Hitch R, R Coaster Step, Step L, R Touch And Heel And Step

1-2-3&4 ¼ L step forward L, hitch R, step back R, (&) step L next to R, step forward R (6)

5-6&7&8 Step forward L, touch R behind L, (&) step back on R, dig L heel forward, (&) step down on L, Step forward on R

Section 4: Step L ¼ R, L Cross Shuffle, Side R, ¼ L, ¼ L, Side L

1-2-3&4 Step forward L, ¼ R step R to R side, cross L over R, (&) side R, cross L over R (9)

5-6-7-8 Step R to R side, ¼ L step L to L side, ¼ L step R to R side, step L to L side (3)

Section 5: R Heel Dig Hold, ¼ L Heel Dig Hold, Point R & L & Step R ¼ L

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold, (&) step down On L (12)

5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R, ¼ L step L to L side (9)

Section 6: Crossing Sambas R L, Step 1/4 L, R Kick Ball Step

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L

5-6-7&8 Step forward R, ¼ L step L to L side, kick R forward, (&) step down R, step forward L (6)

Section 7: R Heel Dig Hold, ¼ L Heel Dig Hold, Point R & L & Walk R , ¼ L

1-2&3-4& Dig R heel forward, hold, (&) step down on R, ¼ L dig L heel forward, hold, (&) step down On L (3)

5&6&7-8 Point R to R side, (&) step down R, point L to L side, (&) step down L, step forward R, ¼ L step L to L side (12)

Section 8: Crossing Sambas R L, Step ½ L, R Kick Ball Step

1&2-3&4 Cross R over L, (&) L side rock, recover on R, cross L over R, (&) R side rock, recover on L

5-6-7&8 Step forward R, ½ L step forward on L, kick R forward, (&) step down R, step forward L (6)

Repeat This Section At End Of Walls 2, 4

End Of Dance

Tags: At the end of walls 2 and 4 repeat the last section steps 1-8

This dance was taught at the LDF day in Blackburn organised by Suzi Beau and raised £700