



## One 4 LDF

32 Count, 4 Wall, Improver

Choreographer: David Hoyn (AU), Betty Drummond (UK),  
Alison Johnstone (AU), Hayley Wheatley (UK) Rebecca Lee  
(MY), Jose Miguel (NL), Daniel Trepas (NL),  
Philip Sobrielo (SG) & Kelvin Dale (AU) May 2018  
Choreographed to: One For Me by Michael Constantino

---

**Intro: 8 Counts**

**Section 1 Step Diagonally Forward, Hold, Sailor Step, Behind ¼, Pivot ½ Turn**

1-2 Step right to diagonal forward right (1), hold (2)  
3&4 Step left behind right(3), step right to right(&), step left slightly diagonally forward left(4)  
5-6 Step right behind left (5), ¼ left step left forward (6)  
7-8 Step right forward (7), turn ½ turn left (8) (3:00)

**Section 2 Travelling Kick Ball Change, 'V' Step**

1&2 Kick right forward (1), step right beside left (&), step left slight forward (2)  
3&4 Kick right forward (3), step right beside left (&), step left slight forward (4)  
5-6 Step right diagonally forward (5), step left diagonally forward (6)  
7-8 Step right back to centre (6), step left beside right (8) (3:00)

**Section 3 Side Hold, Ball Step Touch, Rolling Vine Scuff**

1-2 Step right to right (1), hold (2)  
&3-4 Step left beside right (&), step right to right (3), touch left beside right (4)  
5-6 ¼ left step left forward (5), ½ left step right back (6)  
7-8 ¼ turn left step left to left (7), scuff right forward (8)(3:00)

**Section 4 Jazz Box ¼ Right Turn, Jazz Box ¼ Right Turn**

1-2 Cross right over left (1), step left slightly back (2)  
3-4 ¼ turn right step right slight to right (3), step left beside right (4)(6:00)  
5-6 Cross right over left (5), step left slightly back (6)  
7-8 ¼ turn right step right slight to right (7), step left slight forward (8) (9:00)

**Tag: On wall 5 (12:00)**

**1-4 Step right forward (1), bounce right heel 3 times**

**Hands: Slowly bring right hands up (palm facing up)**

**5-8 Turn ½ turn left (5) bounce left heels 3 times**

**Hands: Slowly bring left hands up (palm facing up)**

---