

This One's For The Girls

Count: 32

Wand: 4

Ebene: Beginner west coast swing

Choreograf/in: Sunday Murch (USA)

Musik: This One's for the Girls - Martina McBride



ROCK RIGHT FOOT FRONT AND BACK, PIVOT A FULL TURN

- 1-2 Rock right foot front
- 3-4 Rock right foot back
- 5-6 Pivot stepping right turn left $\frac{1}{2}$
- 7-8 Pivot stepping right turn left $\frac{1}{2}$

WEAVE FRONT AND BACK $\frac{1}{4}$ TURN RIGHT, TAP LEFT FOOT SIDE, CROSS KICK, CROSS KICK

- 1-4 Weave: right foot front, right foot back as you $\frac{1}{4}$ turn towards right, tap left foot side
- 5-6 Cross left over right, kick right
- 7-8 Cross right over left, kick left

RONDE JAM RIGHT FOOT, TURNING $\frac{1}{2}$ TO LEFT, SHUFFLE UP RIGHT AND LEFT

- 1-4 Right foot circle in towards body (ronde jam) as you turn $\frac{1}{2}$ towards left
- 5&6 Shuffle up right
- 7&8 Shuffle up left

STEP RIGHT TO SIDE, HOLD, HIPS SWAY LEFT, HIPS SWAY RIGHT, SCOOT TO LEFT

- 1- Step open to right
- 2 Hold
- 3&4 Sway hips to left
- 5&6 Sway hips to right
- 7-8 Shoot to left

REPEAT
