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| --- | --- |
| This One's For The Girls |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Willie Brown (SCO) - October 2010 |
| **Music:** | This One's For The Girls - Olly Murs |
| . |

**[quick intro - Start on the word ‘girl’ - 'This one's for the 'girl '....]**

**Section 1: 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 |

**Section 2: 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 |

**Section 3: 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 |

**Section 4: 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 ¼ Right and step back on Left, turn another ¼ 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 |

**...START AGAIN...**

**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’**

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