

# One for the Girls

Count: 32

Wall: 2

Level: Intermediate Rolling Count

Choreographer: Helen Wyndow (AUS) - April 2022

Music: You Don't Own Me (feat. Ariana Grande) - Kristin Chenoweth : (Album: For the Girls)



Intro: 16 counts

## S.1: R CROSS, BACK, SIDE-CROSS-SIDE-BEHIND-SIDE, FORWARD DRAG, BACK TOUCH, FWD ½ TURN L, BACK HOOK

1,2 & 3 &      Cross R over L, back on L, R to right side, cross L over R, Right to R side,  
4 &              Left behind R, Right to R side,  
5 & 6            Step forward on Left, drag Right forward up to Left, step back Right,  
&                touch Left toe in front of Right  
7 & 8            Step Left fwd, turn ½ left stepping back on R, back on L hooking R across L

## S.2: R FWD SWEEP CROSS SIDE-BEHIND-SIDE-CROSS, SWAY R, SWAY L, BALL-STEP, L SAILOR

1,2              Step Right forward sweeping Left around R (1), Cross Left over R (2)  
& 3 & 4        Step Right to R side, Left behind R, Right to R side, cross L over R  
5,6 &        Sway Right, Sway Left, step on ball of Right,  
7 & 8        Cross L behind R, Right to R side, Left beside R

\*\*\* RESTART Wall 2

## S.3: R SIDE/DRAG, BALL CROSS, BALL CROSS, BALL CROSS, BACK, SIDE, SIDE-ROCK/RECOVER, TOGETHER

1,2              Long step Right to R side, Slow drag Left towards Right  
& 3 & 4        Step on ball of L foot, Cross R over L, step on ball of L foot, cross R over L  
&              step on ball of Left foot

\*\*\* RESTARTS WALLS 1,3,5

5,6 &,        Cross Right over Left (5), back on Left (6), small step Right to R side (&),  
7,8 &        Rock Left to Left side (7), recover on Right (8), step Left beside R (&)

## S 4: R ROCK FWD, BACK, ½ TURN R, FWD ½ TURN R, FWD ½ TURN R, SIDE TOUCH, SIDE TOUCH, L CHASSE

1,2 &        Rock forward on Right (1), recover on L (2), turn ½ Right onto Right foot (&),  
3 & 4        Step fwd on Left (3), pivot ½ R onto Right (&), Step fwd Left (4), pivot ½ R  
&              onto Right (&)  
5 & 6 &      Step Left to L side, touch R beside L, step Right to R side, touch L beside R  
7 & 8        Step Left to left side, step Right next to L, step Left to left side

\*\*\* Restarts: Wall 1, 3 (facing 6:00) and 5 (facing 12:00) after Count 20&

Wall 2 (facing 12:00) after Count 16

\*\* Alternative for Section 4 turns: Instead of the 3 x ½ turns, substitute with:

1,2,3 & 4      Step fwd on Right, back on Left, ½ turn Right Shuffle forward then continue with steps  
5&6&7&8