拍数： 64
境数： 4
级数：Intermediate／Advanced
编舞者：Tracy White（AUS）\＆Julie Hearne（AUS）
音乐：This One＇s for the Girls－Martina McBride

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SWAY, SWAY- STEP, DRAG. SWAY, SWAY - STEP DRAG
Step onto right foot（in place）swaying hips to right，step onto left foot（in place），sway hips to left
3－4 Step right forward，drag left towards right
5－6 Step onto left foot（in place）swaying hips to left，step onto right foot（in place），sway hips to right
7－8 Step left foot forward，drag right towards left（weight on left foot）
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STEP FORWARD， $1 ⁄ 2$ PIVOT，TOE－STRUT，ROCK FORWARD， $1 / 4$ RIGHT，ROCK BACK，REPLACE
1－4 Step right forward，pivot $1 / 2$ turn to left，taking weight onto left foot，toe strut forward on right （toe－heel）
5－6 Rock－step left over right on right diagonal，replace on right with $1 / 4$ turn to left
7－8 Rock－step back onto left replace on right

## STEP ½ PIVOT，FULL TURN，STEP BACK，DRAG，STEP BACK，DRAG

1－2 Step left forward，pivot $1 / 2$ turn to right taking weight onto right
3\＆4 Full right turn（left，right，left）traveling forward
5－6 Step back to right diagonal，drag left to right
7－8 Step back to left diagonal，drag right to left

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1⁄2 TURN, SHUFFLE, ROCK FORWARD, REPLACE, ROCK BACK, STEP RIGHT, REPLACE, 3/4 TOE TURN
RIGHT
1&2 1/2 turn to right (weight on left), shuffle forward right, left, right
3-4 Rock forward on left, replace back on right
5&6 Rock back on left, small step to right side, replace on to left
7-8 Right toe behind }3/4\mathrm{ turn right (take weight onto right)
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112 TOE TURN RIGHT, STEP, BEHIND, STEP ¼ RIGHT, STEP ½ RIGHT, KICK, COASTER

1－2
3－4
\＆5－6

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STEP，LUNGE，STEP BACK ¼ LEFT，SIDE POINT，TAP，TAP，SIDE，HEEL，HOOK，STEP，ROCK BACK，½ LEFT，STEP
\＆1－2 Step left beside right，lunge forward onto right，step back on left with $1 / 4$ turn to left leaving right leg extended to right side
3\＆4 Tap right toe next to left foot twice and return to extended position to right side
5\＆6
7\＆8

## ROCK，REPLACE，STEP DIAGONAL RIGHT，STEP DIAGONAL LEFT，¼ LEFT，STEP RIGHT，LEFT BEHIND

1\＆2 Rock back on right diagonal，replace weight on left，bring right toe next to left foot，weight on left

7-8 Turn 45 degrees left, step right to side, step left behind (now directly facing the side wall)

## STEP RIGHT, ¼ LEFT, STEP LEFT, STEP RIGHT, ROCK BACK, ¼ RIGHT, FULL TURN RIGHT, STEP BACK, DRAG

\&1-2
3-4
5-6
7-8

Step right beside left, $1 / 4$ turn left, step forward left, step forward right
Rock back onto left, step right to side with $1 / 4$ turn to right
Full turn right on right foot, taking weight onto left (at end of turn)
Step back on right, drag left to right taking weight onto left

## REPEAT

## TAG

## After wall 3

1-2
3-4
5-6
7-8
1-4
5\&6
7-8
Step back on right turning 45 degrees to right $1 / 4$ turn to left, step back on left $1 / 4$ turn to left, step back on right
Turn 45 degrees to left, step back on left

Rock back onto right, replace on left, toe strut forward on right

## TAG

After wall 5
1-2
3-4
5-6 $\quad 1 / 4$ turn to left, step back on right
7-845 Degrees turn to left, step back on left
1-4 Rock back onto right, replace on left, toe strut forward on right
5\&6
Stamp heel twice, full turn right on right foot and replace weight onto left at end of turn
7-8 Step forward on right, full turn on right and replace weight on left foot at end of turn
\&1-2 Syncopated step on right, rock forward on left, replace back on right
3\&4 Lock step back (left, right, left) on diagonal
5-6 Right Monterey $1 / 2$ turn
7-8 Left samba (step left to left side, replace on right center, step left across right) moving forward

1-2 Step back on right turning 45 degrees to right
3-4 $\quad 1 / 4$ turn to left, step back on left
5-6 $\quad 1 / 4$ turn to left, step back on right
7-8 Turn 45 degrees to left, step back on left
ENDING
To finish complete 34 counts of dance, step right foot to side and drag left to right

