

# This One Is For You



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**Comptes :** 32                      **Mur :** 2                      **Niveau:** Intermédiaire NC2S  
**Chorégraphe :** Simon Ward (March 26)  
**Musique:** The Strong Don't Get A Break - Mania Monet

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*Intro: 32 Counts, Dance starts on main lyrics of song, approx. 28secs. End dance facing front wall on last count*

**1-8: R back sweeping L, L behind R, R side, L fwd w/ hitch, 1/4 turn R runaround, Diamond turning 1/4 turn L**

1-2& Step right back sweeping left back, Step left behind right, Step right to right side 12.00  
3-4& Step left forward & hitch right knee across body, Step right forward, 1/8 turn right stepping left forward 1.30  
5-6& 1/8 turn right stepping right forward sweeping left forward, Cross/step left over right, Step right to right side 3.00  
7-8& Step left back turning 1/8 turn left sweeping right back 1.30, Step right behind left, 1/8 turn stepping left to left side 12.00

**9-16: Rock R fwd, Recover L, 3/8 turn R, 1/4 R with L basic, 3/4 L spiral, L fwd, 1/2 turn L, Rock back L, Recover R, 1/2 R**

1-2& 1/8 turn left & rock/step right forward, Recover weight back on left, 3/8 turn right stepping right forward 3.00  
3-4& 1/4 turn right stepping left to left side, Rock/step right behind left, Recover weight onto left 6.00  
5-6& Step right to right side turning 1/4 turn left slightly lifting left foot off the ground, Turn a further 1/2 turn left stepping left slightly forward, 1/2 turn left stepping right back 3.00  
7-8& Rock/step left back, Recover weight forward on right, 1/2 turn right stepping left back 9.00

**17-24: 1/4 turn R & rock R side with hand, 1/8 L Recover L with arm, Full turn back R, Run fwd, Run back w/sweep.**

1-2 Turn a further 1/4 right to 12.00 rocking right to right side pulling right hand across face with palm facing forward & fingers spread apart, Recover weight onto left with 1/8 turn left raising right arm up & forward with palm facing upwards, head & eyes follows arm 10.30  
3&4 1/2 turn right stepping right forward, 1/2 turn right stepping left back, Rock/step right back 10.30  
5&6 Run forward left, right, Step left forward hitching right knee forward raising both hands up & clenching both fists 10.30  
7&8 Run back right, left, Step right back sweeping left back (slowly lower hands on these counts) 10.30

**25-32: Weave R, Weave L, L behind R, 1/8 turn L R side, Cross/rock L, Recover R, 1/4 L, R fwd, Pivot 1/2 L**

1&2 Step left behind right, Step right to right side, Step left forward sweeping right forward 10.30  
3&4 Cross/step right over left, Step left to left side, Step right back sweeping left back 10.30  
5&6 Step left behind right, Step right to right turning 1/8 turn left, Cross/rock left over right 9.00  
7&8& Recover weight back on right, 1/4 turn left stepping left forward, Step right forward, Pivot 1/2 turn left taking weight onto left 12.00