

ONE 4 LDF

Choreographer: David Hoyn (Australia), Betty Drummond (U.K),
Alison Johnstone (Australia), Hayley Wheatley (U.K), Rebecca Lee (Malaysia),
Jose Miguel (Netherlands), Daniel Trepas (Netherlands),
Philip Sobrielo (Singapore), Kelvin Dale (Australia)

Description: 32 counts, 4 walls improver line dance

Music : One for Me by Michael Constantino

Intro: 8 counts

1-8 STEP DIAGONALLY FORWARD, HOLD, SAILOR STEP, BEHIND $\frac{1}{4}$, PIVOT $\frac{1}{2}$ TURN

- 1-2 Step right to diagonal forward right (1), hold (2)
- 3&4 Step left behind right(3), step right to right(&), step left slightly diagonally forward left(4)
- 5-6 Step right behind left (5), $\frac{1}{4}$ left step left forward (6)
- 7-8 Step right forward (7), turn $\frac{1}{2}$ turn left (8) (3:00)

9-16 TRAVELLING KICK BALL CHANGE, 'V' STEP

- 1&2 Kick right forward (1), step right beside left (&), step left slight forward (2)
- 3&4 Kick right forward (3), step right beside left (&), step left slight forward (4)
- 5-6 Step right diagonally forward (5), step left diagonally forward (6)
- 7-8 Step right back to centre (6), step left beside right (8) (3:00)

17-24 SIDE HOLD, BALL STEP TOUCH, ROLLING VINE SCUFF

- 1-2 Step right to right (1), hold (2)
- &3-4 Step left beside right (&), step right to right (3), touch left beside right (4)
- 5-6 $\frac{1}{4}$ left step left forward (5), $\frac{1}{2}$ left step right back (6)
- 7-8 $\frac{1}{4}$ turn left step left to left (7), scuff right forward (8)(3:00)

25-32 JAZZ BOX $\frac{1}{4}$ RIGHT TURN, JAZZ BOX $\frac{1}{4}$ RIGHT TURN

- 1-2 Cross right over left (1), step left slightly back (2)
- 3-4 $\frac{1}{4}$ turn right step right slight to right (3), step left beside right (4)(6:00)
- 5-6 Cross right over left (5), step left slightly back (6)
- 7-8 $\frac{1}{4}$ turn right step right slight to right (7), step left slight forward (8) (9:00)

Tag on wall 5 (12:00)

- 1-4 Step right forward (1), bounce right heel 3 times
Hands: Slowly bring right hands up (palm facing up)
- 5-8 Turn $\frac{1}{2}$ turn left (5) bounce left heels 3 times
Hands: Slowly bring left hands up (palm facing up)