

# The One For Me (P)

**COPPER KNOB**  
STEPPED DANCE

**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate line/partner dance

**Choreographer:** Kathy Hunyadi (USA)

**Music:** From Time to Time - Rascal Flatts



**Position:** Side by Side (Sweetheart) position, facing LOD

## STEP FORWARD, TOUCH, TRIPLE STEP BACK, STEP BACK, TOUCH TRIPLE STEP BACK

- 1-2 Step forward on right, touch left beside right
- 3&4 Triple step (shuffle) back at slight angle left (left, right, left)
- 5-6 Step back at slight angle right, touch left beside right
- 7&8 Triple step (shuffle) back at slight angle left (left, right, left)

## ROCK STEP, TRIPLE STEP, ROCK STEP, COASTER STEP

- 1-2 Rock back on right, step left in place
- 3&4 Triple step (shuffle) forward right, left, right (3rd position)
- 5-6 Rock forward on left, step right in place
- 7&8 Step left back, step right beside left, step left slightly forward (coaster step)

## SIDE TOGETHER, TRIPLE STEP, CROSS ROCK, TRIPLE STEP

- 1-2 Step side right on right, step left together with right
- 3&4 Step right to side, step left beside right, step right to side turning toes out slightly
- 5-6 Step forward and across right foot with left, step right foot in place
- 7&8 Step side left on left, step right beside left, step left slightly side left

## JAZZ BOX WITH ¼ TURN RIGHT, WALK FORWARD RIGHT, LEFT, RIGHT LEFT

- 1-4 Cross right over left, step back on left, step forward on right turning ¼ to right, step left slightly forward
- 5-8 Walk forward right, left, right, left (small steps)

## REPEAT

## PARTNERS VERSION

All footwork is same for men and women and follows the line dance pattern for the first 24 counts. On counts 25-32 (the last 8 counts) the man just walks forward for 8 counts progressing the dance around the floor. The lady has several options on the last 8 counts (with partner's help).

### Option 1 (boring):

- 1-8 Lady also walk forward for 8 counts

### Option 2:

- 1-4 Turn right 2 full turns (lady's outside turn)
- 5-8 Walk forward for 4 counts

### Option 3 (tricky):

- 1-2 Turn 1 full turn right
- 3-4 Walk forward
- 5-6 Full turn left
- 7-8 Walk forward (tricky)