Linedancer

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The One For Me

96 Count, 1 Wall, Beginner, Gospel
Choreographer: Saundra Richardson (USA) June 2012
Choreographed to: The One For Me by Christopher Page and the Dream Keeper's Ensemble

Don't let the total counts overwhelm you... it's really quite simple & fun!!
32 count intro to start dancing on lyrics "If the day turns night..."

1-8	**Kick-&-Kick-&-Kick-&-Kick, Jump-Front, Hold, Jump-Front, Tap**
1 & 2 &	Low kick forward R; Step together R; Low kick forward L; Step together L
3 & 4	Low kick forward R; Step together R; Low kick forward L
& 5 6	Small step/jump forward L; Step together R; Hold
& 7 8	Small step/jump forward L; Tap together R; Tap together R
9-16	**Kick-&-Kick-&-Kick-&-Kick, Jump Back, Hold, Jump Back, Tap**
1 & 2 &	Low kick forward R; Step together R; Low kick forward L; Step together L
3 & 4	Low kick forward R; Step together R; Low kick forward L
& 5 6	Small step/jump back L; Step together R; Hold
& 7 8	Small step/jump back L; Tap together R; Tap together R
17-24	**Side, Flick or Touch x4**
1, 2	Step side R while swinging arms up to left at chest level; Low "flick" or touch L behind R calf while swinging arms low to right at hip level – add a finger snap if you like
3, 4	Step side L while swinging arms up to right at chest level; Low "flick" or touch R behind L calf while swinging arms low to left at hip level – add a finger snap if you like
5, 6	Step side R while swinging arms up to left at chest level; Low "flick" or touch L behind R calf while swinging arms low to right at hip level – add a finger snap if you like
7, 8	Step side L while swinging arms up to right at chest level; Low "flick" or touch R behind L calf while swinging arms low to left at hip level – add a finger snap if you like
25-32	**Slow ½ Turn to Left**
1, 2	Turn 1/8 to left and Step side R; Step in place L
3, 4	Turn 1/8 to left and Step side R [9:00]; Step in place L
5, 6	Turn 1/8 to left and Step side R; Step in place L
7, 8	Turn 1/8 to left and Step side R [6:00]; Step in place L
33-64	**You're at your back wall now [6:00] so repeat Counts 1-32 to get back to where you started [12:00], then continue with counts 65-72 below.**
65-72*	**Right-Touch, Left-Touch, Right-Touch, Left, Turning R Sailor Step, Turning L Sailor Step ... 8 count sequence x4 for 32 counts total**
& 1 & 2	Touch together R; Step side R; Touch together L; Step side L
& 3 & 4	Touch together R; Step side R; Touch together L; Step side L
5 & 6	Step R behind L; Step in place L; Turn 1/8 left and step side R
7 & 8	Turn 1/8 left and Step L behind R; Step in place R; Step side L (counts 5-8 make a ¼ turn to left [3:00])
73-80	**Repeat counts 65-72 (¼ turn left [6:00])**
81-88	**Repeat counts 65-72 (¼ turn left [3:00])**
89-96	**Repeat counts 65-72 (¼ turn left [12:00])**

***These 32 counts combined make a full turn to bring you back to where you started [12:00], then you begin again at the top of the dance at count 1.**

Have fun and let the Spirit move you!!

Free Music download available from www.reverbnation.com/christopherpageandthedreamkeepers