# This One Is For You

***Classic Line Dance – Novice B***

***Usage date: 18/11/2026 -16/11/2027***

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|---|---|---|
| Dance Style | : | *Smooth (Nightclub)* |
| Description | : | *32 Count, 2 Wall* |
| Choreographer | : | Simon Ward |
| Music | : | *"The strong don't get a break" by Xania Monet* |

**1-8 RIGHT BACK SWEEPING LEFT, LEFT BEHIND RIGHT, RIGHT SIDE, LF FORWARD WITH HITCH, ¼ TURN RIGHT RUNAROUND, DIAMOND TURNING ¼ LEFT**

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|---|---|---|
| **1** | RF | Step back and sweep LF from front to back. |
| **2** | LF | Step behind RF. |
| **&** | RF | Step to side. |
| **3** | LF | Step forward and hitch right knee across body. |
| **4** | RF | Step forward. |
| **&** | LF | Make ⅛ turn right and step forward (*01:30*). |
| **5** | RF | Make ⅛ turn right, step forward and sweep LF forward (*03:00*). |
| **6** | LF | Cross step over RF. |
| **&** | RF | Step to side. |
| **7** | LF | Make ⅛ turn left step back and sweep RF back (*01:30*). |
| **8** | RF | Step behind LF. |
| **&** | LF | Make ⅛ turn left and step fwd (*12:00*). |

**9-16 ROCK FORWARD, RECOVER, ⅜ TURN RIGHT, ¼ TURN RIGHT WITH LEFT BASIC, ¾ LEFT SPIRAL, LEFT FORWARD, ½ TURN LEFT, ROCK BACK, RECOVER, ½ RIGHT**

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|---|---|---|
| **1** | RF | Make ⅛ turn left and rock forward (*10:30*). |
| **2** | LF | Recover. |
| **&** | RF | Make ⅜ turn right and step forward (*03:00*). |
| **3** | LF | Make ¼ turn right and step to side (*06:00*). |
| **4** | RF | Close to LF. |
| **&** | LF | Cross over RF. |
| **5** | RF | Step to side turning ¼ left slightly lifting left foot of the ground (*03:00*). |
| **6** | LF | Turn ½ left and step forward (*09:00*). |
| **&** | RF | Make ½ turn left and step back (*03:00*). |
| **7** | LF | Rock back. |
| **8** | RF | Recover. |
| **&** | LF | Make ½ turn right and step back (*09:00*). |

**17-24 ¼ TURN RIGHT AND ROCK RIGHT WITH HAND, ⅛ LEFT RECOVER L WITH ARM, FULL TURN BACK RIGHT, RUN FORWARD, RUN BACK WITH SWEEP**

| | | |
|---|---|---|
| **1** | RF | Turn ¼ right, rock to right side pulling right hand across face with palms facing forward and fingers spread apart (*12:00*). |
| **2** | LF | Recover weight with ⅛ turn left raising right arm up (10:30). |
| **3** | RF | Make 1/2 turn right and step forward (*04:30*). |
| **&** | LF | Make ½ turn right and step back (10:30). |
| **4** | RF | Rock back. |
| **5** | LF | Run forward. |
| **&** | RF | Run forward. |
| **6** | LF | Step forward and hitch right knee forward. |
| **7** | RF | Run back. |
| **&** | LF | Run back. |
| **8** | RF | Step back and sweep LF back. |

**25-32 WEAVE RIGHT, WEAVE LEFT, LEFT BEHIND RIGHT, ⅛ TURN LEFT RIGHT SIDE, CROSS ROCK LEFT, RECOVER, ¼ LEFT, RIGHT FORWARD, STEP TURN**

| | | |
|---|---|---|
| **1** | LF | Step behind RF. |
| **&** | RF | Step to side. |
| **2** | LF | Step forward and sweep RF forward. |
| **3** | RF | Cross step over LF. |
| **&** | LF | Step to side. |
| **4** | RF | Step back and sweep LF back. |
| **5** | LF | Step behind RF. |
| **&** | RF | Make ⅛ turn left and step to side (*09:00*). |
| **6** | LF | Cross rock over RF. |
| **7** | RF | Recover. |
| **&** | LF | Make ¼ turn left and step forward (*06:00*). |
| **8** | RF | Step forward. |
| **&** | LF | Make ½ turn left and take weight (*12:00*). |

**Start the dance again making a further ½ turn left**