

# The One For Me

Choreographer: Kathy Hunyadi  
Description: 32 count, 4 wall, beg/inter line dance  
Music: **From Time To Time** by Rascal Flatts

## Beats / Step Description

### **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 1/4 TURN RIGHT, WALK FORWARD RIGHT, LEFT, RIGHT LEFT**

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

## Smile and Begin Again