

# This One Is For You

**Count:** 32

**Wall:** 2

**Level:** Intermediate NC2S

**Choreographer:** Simon Ward (AUS) - March 2026

**Music:** The strong don't get a break - Xania Monet : (Album: The Strong Don't Get a Break, on Spotify)

(No tags or restarts)

**Intro: 32 Counts, Dance starts on main lyrics of song, approx. 28secs.  
End dance facing front wall on last count**

**This dance is dedicated to my dear friend David Hoyn on behalf of his partner Kody Dupille ♥**

**[1-8] R back sweeping L, L behind R, R side, L fwd w/ hitch, ¼ turn R runaround, Diamond turning 1/4 turn L**

1-2& Step right back sweeping left back, Step left behind right, Step right to right side 12.00  
3-4& Step left forward & hitch right knee across body, Step right forward, 1/8 turn right stepping left forward 1.30  
5-6& 1/8 turn right stepping right forward sweeping left forward, Cross/step left over right, Step right to right side 3.00  
7-8& Step left back turning 1/8 turn left sweeping right back 1.30, Step right behind left, 1/8 turn stepping left to left side 12.00

**[9-16] Rock R fwd, Recover L, 3/8 turn R, ¼ R with L basic, ¾ L spiral, L fwd, ½ turn L, Rock back L, Recover R, ½ R**

1-2& 1/8 turn left & rock/step right forward, Recover weight back on left, 3/8 turn right stepping right forward 3.00  
3-4& ¼ turn right stepping left to left side, Rock/step right behind left, Recover weight onto left 6.00  
5-6& Step right to right side turning ¼ turn left slightly lifting left foot off the ground, Turn a further ½ turn left stepping left slightly forward, ½ turn left stepping right back 3.00  
7-8& Rock/step left back, Recover weight forward on right, ½ turn right stepping left back 9.00

**[17-24] ¼ turn R & rock R side with hand, 1/8 L Recover L with arm, Full turn back R, Run fwd, Run back w/sweep**

1-2 Turn a further ¼ right to 12.00 rocking right to right side pulling right hand across face with palm facing forward & fingers spread apart, Recover weight onto left with 1/8 turn left raising right arm up & forward with palm facing upwards, head & eyes follows arm 10.30  
3&4 ½ turn right stepping right forward, ½ turn right stepping left back, Rock/step right back 10.30  
5&6 Run forward left, right, Step left forward hitching right knee forward raising both hands up & clenching both fists 10.30  
7&8 Run back right, left, Step right back sweeping left back (slowly lower hands on these counts) 10.30

**[25-32] Weave R, Weave L, L behind R, 1/8 turn L R side, Cross/rock L, Recover R, ¼ L, R fwd, Pivot ½ L**

1&2 Step left behind right, Step right to right side, Step left forward sweeping right forward 10.30  
3&4 Cross/step right over left, Step left to left side, Step right back sweeping left back 10.30  
5&6 Step left behind right, Step right to right turning 1/8 turn left, Cross/rock left over right 9.00  
7&8& Recover weight back on right, ¼ turn left stepping left forward, Step right forward, Pivot ½ turn left taking weight onto left 12.00

**Start the dance again making a further ½ turn left stepping back on right on Count 1**