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