

Girls Night Out

Count: 64

Wand: 2

Ebene:

Choreograf/in: Terry Hogan (AUS)

Musik: Girls' Night Out - Gina Jeffreys



- 1,2 Kick Right foot forward, rock step backward onto ball of Right foot leaving Left foot in place
3 Rock-step forward to replace weight onto Left foot making 1/4 turn left
4 Step Right foot to the right side, pushing hips slightly to the right, leaving Left foot in place
5 Push weight back onto Left foot making 1/4 turn right (facing front)
6,& Step backward onto ball of Right foot, make 1/4 turn right on ball of Right foot
7,8 Step to the left side on Left foot, step Right foot beside Left

In this sequence the Left foot basically remains in place for the whole 8 counts, so step 6 should really read as a 'rock-step', and step 7 as 'replace weight onto Left'

BACK, ¼ TURN, ¼ TURN, TOGETHER

- 5 Step back with left foot
6 Step ¼ turn right with right foot
7 Step forward ¼ turn right with left foot
8 Place right foot next to left foot

¼, ¼/ ½, TOGETHER (RIGHT TURN MOVING LEFT)

- 9 Pivot ¼ turn right on ball of right foot, step back with left foot
10 Pivot ¼ turn right on ball of left foot, step to right side with right foot
11 Pivot ½ turn right on ball of right foot, step to left side with left foot
12 Touch right toe next to left foot

SIDE, TOGETHER, SIDE, TOGETHER

- 13 Step to right side with right foot
14 Step together with left foot
15 Step to right side with right foot
16 Step together with left foot

½ PIVOT, STEP, HOLD

- 17 Touch left toe forward
18 Pivot ½ turn right on ball of right foot
19 Step forward with left foot
20 Hold

½ PIVOT, STEP, HOLD

- 21 Touch right toe forward
22 Pivot ½ turn left on ball of left foot
23 Step forward with right foot
24 Hold

½ PIVOT, STEP, HOLD

- 25 Touch left toe forward
26 Pivot ½ turn right on ball of right foot
27 Step forward with left foot
28 Hold

STEP/HIPS RIGHT, LEFT, RIGHT, HOLD

- 29 Step forward-right with right foot and push hips to right side
- 30 Push hips to left side
- 31 Push hips to right side
- 32 Hold

STEP/HIPS LEFT, RIGHT, LEFT, HOLD

- 33 Step forward-left with left foot and push hips to left side
- 34 Push hips to right side
- 35 Push hips to left side
- 36 Hold

STEP/HIPS RIGHT, LEFT, RIGHT, HOLD

- 37 Step forward-right with right foot and push hips to right side
- 38 Push hips to left side
- 39 Push hips to right side
- 40 Hold

IN FRONT, RIGHT SIDE, WEIGHT LEFT

- 41 Step across in front of right leg with left foot
- 42 Step to right side with right foot
- 43 Shift weight back to left foot

IN FRONT, LEFT SIDE, WEIGHT RIGHT

- 44 Step across in front of left leg with right foot
- 45 Step to left side with left foot
- 46 Shift weight back to right foot

IN FRONT, TOGETHER

- 47 Step across in front of right leg with left foot
- 48 Place right foot next to left foot

¼ TURN, KICK, STOMP, STAMP

- 49 Twist ¼ turn left on ball of both feet
- 50 Kick left foot forward
- 51 Stomp (down) with left foot next to right foot
- 52 Stomp (up) with right foot next to left foot

FORWARD-RIGHT, TOGETHER, FORWARD-RIGHT, TOUCH

- 53 Step forward-right with right foot
- 54 Slide left foot next to right foot
- 55 Step forward-right with right foot
- 56 Touch left toe next to right foot

FORWARD-LEFT, TOGETHER, FORWARD-LEFT, TOUCH

- 57 Step forward-left with left foot
- 58 Slide right foot next to left foot
- 59 Step forward-left with left foot
- 60 Touch right toe next to left foot

FORWARD-RIGHT, TOGETHER, BOUNCE, BOUNCE

- 61 Step forward-right with right foot
- 62 Place left foot next to right foot
- & Lift both heel up
- 63 Drop both heel down

& Lift both heel up
64 Drop both heel down

REPEAT
