

Girlicious

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Mark Cosenza (USA) - October 2008

Musik: Big Girl (You Are Beautiful) - MIKA



Begin the dance 8 counts after the beat kicks in.

Or Easier / Slower Track: I Do, I Do, I Do - ABBA

Restart for ABBA Track only: Wall 5 (12:00): Do the first 16 counts of the dance and begin the dance again.

(1 – 8) Kick, Kick, Weave, Kick, Kick, ¼ Weave

1 - 4 Kick R Fwd, Kick R Side, Cross R behind L, Step L next to R, Cross R over L

5 - 8 Kick L Fwd, Kick L Side, Cross L behind R, Pivot ¼ R and Step R next to L, Step L Fwd (3:00)

(9 – 16) Rock and Cross& Cross, Rock and Cross & Pivot

1- 4 Rock R Side R, Recover L,

3&4 Cross R over L, Step L to R, Cross R over L

5- 6 Rock L Side L, Recover R

7&8 Cross L over R, Pivot 1/ 4 R and Step R to L, Step L Fwd (6:00)

(17 – 24) Rock Fwd & Back, Shuffle R & Shuffle L

1- 4 Rock Fwd R, Recover L, Rock Back R, Recover L

*5&6 Moving Fwd Diagonal R (and facing Diagonal L), Bump hips R, L, R

*7&8 Moving Fwd Diagonal L (and facing Diagonal R), Bump hips L, R, L

* As a fun option for the choreographed track, Do what's outlined above for counts 5 -8 only when facing the front and back walls.

When facing the side walls only, do the following:

5-6 Take a large squat step Diagonal R stepping on R

7-8 Take a large squat step Diagonal L stepping on L

(25 – 32) Step & Pivot, Cross Over, Rock Behind, Bump & Bump

1-2 Step fwd on R, Pivot ¼ L and Step on L (3:00)

3-4 Cross R over L, Step L side L

5-6 Cross Rock R behind L, Recover L

7-8 Bump Hips R, Bump Hips L

Begin Again