

My Girl

COPPER **NOB**
BY STEPHEN METZ

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Uli Elfrida (INA) - March 2021

Music: My Girl - Westlife



Restart on wall 5 after 16 count

Section 1 : Kick ball point 2x, monterey turn, cross shuffle

1 & 2 Kick R forward, step R next to L, point L to left side L
3 & 4 Kick L forward, step L next to R, point R to right side
5 6 1/2 turn right step R next to L, point L to left side (6.00)
7 & 8 Cross L over R, step R side, cross L over R

Section 2 : Rock, rec, behind, 1/4, forward, forward, rock, rec, together, rock, rec

1 2 Rock R to right side, recover on L
3 & 4 Step R behind L, 1/4 turn left step L forward, step R forward (3.00)
5 6 Rock L forward, recover on R
& 7 8 Step L together, Rock R forward, recover on L

Section 3 : Back-touch (2x), back-touch knee pop, step, walk, fwd shuffle

& 1 & 2 Step R back, touch L fwd, step L back, touch R forward
& 3 4 Step R back - touch L forward & bend your knee, step L in place
5 6 Step R forward, step L forward
7 & 8 Step R forward, step L next to R, step R forward

Section 4 : Rock, rec, 1/2 left fwd shuffle, little step with stomp RLR, LRL

1 2 Rock L forward, recover on R
3 & 4 1/2 turn left step L forward, step R next to L, step L forward (9.00)
5 & 6 Little step forward with stomp R L R
7 & 8 Little step forward with stomp L R L

Happy dancing.

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