

# U Gurl

**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Jennifer Cottrell (USA) - April 2023

**Music:** U Gurl - Walker Hayes



## **R HEEL, L HEEL, BALL-STEP, PIVOT ½ TURN LEFT, TRIPLE, HEEL RAISE**

- 1&2& Right heel, step R next to L, left heel, step on ball of L next to R raising R  
3, 4 Step R forward, pivot 1/2 left weight ending on L while doing a hip roll  
5&6 Step R forward, step L together, step R forward  
7&8 Step L forward and raise both heels

## **R SAILOR, L SAILOR, R FORWARD W/HIP BUMPS, L FORWARD W/HIP BUMPS**

- 1&2 Step R behind L & Step L to left side Step R to right side  
3&4 Step L behind R & Step R to right side Step L to left side  
5&6 Step forward R while bumping hips forward, back, forward  
7&8 Step forward L while bumping hips forward, back, forward (weight on left)

## **STEP BACK R, SLIDE L, STEP BACK L, SLIDE R, STEP BACK & TOUCH x 2**

- 1,2 Step R back, slide, touch L next to R  
3,4 Step back L diagonal with a slide, touch R next to L  
&5 Step back on R. Touch L toe forward.  
&6 Step back on L. Touch R toe forward.  
&7 Step back on R. Touch L heel forward.  
&8 Step back on L. Touch R next to L.

## **ROCK BACK, RECOVER, ½ TURN RIGHT, KICK, ROCK BACK, RECOVER, ½ TURN LEFT, TOUCH**

- 1,2 Rock back on R. Recover on to L.  
3,4 Turn 1/2 right stepping R back, Kick left forward  
5,6 Rock back on L. Recover on to R.  
7,8 Turn ½ left stepping L back, Touch R

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