

# My Girl

**COPPER** **NOB**  
STEPSHEETS

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Dawn Dennell (UK)

Musique: My Girl - Alabama

For "My Girl" only, on the 3rd wall only omit last 16 counts (hip sways) start dance again after body roll

## ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

- 1 Rock forward onto right foot
- 2 Return weight to left foot
- 3 Step back on right foot
- & Slide left foot beside right
- 4 Step back on right foot
- 5 Rock back onto left foot
- 6 Return weight to right foot
- 7 Step forward on left foot
- & Slide right foot beside left
- 8 Step forward on left foot

## RIGHT KICK-BALL-CHANGE, STEP OUT STEP IN SWIVEL TO LEFT

- 9 Kick right foot forward
- & Return to place
- 10 Transfer weight to left foot
- & Small step to right with right foot
- 11 Small step to left with left foot
- &12 Return right foot to place, return left foot to place
- 13 Feet together, twist both heels to left
- 14 Swivel both toes to left
- 15&16 Swivel both heels to left, both toes to left, both heels to left

(The more experienced dancers will do a pigeon toe walk to left instead)

## GRAPEVINE RIGHT ¼ TURN RIGHT ½ PIVOT TURN RIGHT TURNING SHUFFLE TO RIGHT

- 17 Step right foot to right
- 18 Cross left foot behind right and step
- 19 Step right foot to right turning ¼ turn to right
- & Small step forward on left foot
- 20 Small step forward on right foot
- 21 Step forward on left foot
- 22 Pivot ½ turn to right
- 23 Step forward on left foot starting turn to right
- & Step right foot next to left continuing turn
- 24 Step left foot next to right to complete ½ turn to the right

## ROCK STEP, SHUFFLE, ROCK STEP, COASTER STEP

- 25 Rock back onto right foot
- 26 Return weight to left foot
- 27 Step right foot forward
- & Slide left foot beside right
- 28 Step right foot forward
- 29 Rock forward onto left foot
- 30 Return weight to right foot

- 31 Step back onto left foot  
& Step right foot next to left foot  
32 Step forward onto left

### **ROCK RIGHT, CROSS AND SHUFFLE, ROCK LEFT, CROSS AND SHUFFLE**

- 33 Step right foot to right  
34 Rock weight onto left foot  
35 Cross right foot over left and step  
& Small step to left with left foot keeping feet crossed  
36 Small step to left with right foot keeping feet crossed  
37 Step left foot to left  
38 Rock weight onto right foot  
39 Cross left foot over right and step  
& Small step to right with right foot keeping feet crossed  
40 Small step to right with left foot keeping feet crossed

### **POINT RIGHT, LEFT, HEEL TOE, ½ TURN TO LEFT BODY ROLL**

- 41& Touch right toe to right, return to place  
42& Touch left toe to left, return to place  
43&44 Tap right heel forward, return to place, touch left toe back  
45-46 On balls of both feet pivot ½ turn to left (2 counts)  
47-48 2 count body roll forward starting with hips and ending with weight forward on left foot

### **STEPS FORWARD WITH HIPS AND TOUCH**

- 49 Step forward on right foot angling body slightly left and push hips right  
50 Push hips to left  
51 Push hips right  
52 Touch left foot next to right foot  
**(The hip moves are performed with a swaying motion so bend knees slightly)**  
53 Step forward on left foot angling body slightly right and push hips left  
54 Push hips to right  
55 Push hips to left  
56 Touch right foot next to left foot

### **STEPS FORWARD AND HIPS AND TOUCH**

- 57 Step forward on right foot angling body slightly left and push hips right  
58 Push hips to left  
59 Push hips right  
60 Touch left foot next to right foot  
**(The hip moves are performed with a swaying motion so bend knees slightly)**  
61 Step forward on left foot angling body slightly right and push hips left  
62 Push hips to right  
63 Push hips to left  
64 Touch right foot next to left foot

### **REPEAT**

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