

Only Girl

Compte: 64

Mur: 2

Niveau: Intermediate Cha Cha

Chorégraphe: Simon Ward (AUS) & Niels Poulsen (DK) - January 2011

Musique: Only Girl - Rihanna : (album: Only Girl in the world)



Intro: 32 counts from first beat (app. 15 seconds into track). Start with weight on L

[1 – 8] ¼ R, L rock fw, ½ shuffle turn L, fw R, ¾ spiral turn L, L step lock

- 1 – 3 Turn ¼ R stepping fw on R (1), rock fw on L (2), recover on R (3) 3:00
4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), turn ¼ L stepping L fw (5) 9:00
6 – 7 Step fw on R (6), turn ¾ L on R foot ending with L leg hooked across R shin (7) 12:00
8& Step fw on L (8), lock R behind L (&) 12:00

[9 – 16] Fw L, R rock fw, R back lock step, ¼ L, point R, hold, together

- 1 – 3 Step fw on L (1), rock R fw (2), recover on L (3) 12:00
4&5 Step back on R (4), lock L over R (&), step back on R (5) 12:00
6 – 7 Turn ¼ L stepping L to L side (6), point R to R side (7) 9:00
8& Hold (8), step R slightly behind L (&) 9:00

[17 – 24] Cross, R side rock, R samba step, cross, point, cross R

- 1 – 3 Cross L over R (1), rock R to R side (2), recover on L (3) 9:00
4&5 Cross R over L (4), rock L to L side (&), recover on R (5) 9:00
6 – 7 Cross L over R (6), point R to R side (7) 9:00
8 Cross R over L (8) 9:00

[25 – 32] Push back L, together R, fw L, R step lock step, fw L, ½ R, R coaster step

- 1 – 3 Step L a big step back leaving R toe pointed (1), step R next to L (2), walk fw L (3) 9:00
4&5 Step fw on R (4), lock L behind R (&), step fw on R (5) 9:00
6 – 7 Step fw on L (6), make ½ R on L foot (7) – weight remains on L foot 3:00
8& Step back on R (8), step L next to R (&)

*** Restart here on wall 3, facing 3:00, stepping R fw 3:00**

[33 – 40] Fw R, walk L R, L step lock step, rock R fw, recover sweep ¼ R, R sailor

- 1 – 3 Step fw on R (1), walk L fw (2), walk R fw (3) 3:00
4&5 Step fw on L (4), lock R behind L (&), step fw on L (5) 3:00
6 – 7 Rock fw on R (6), turn ¼ R as you recover back on L and sweep R out to R side (7) 6:00
8& Cross R behind L (8), step L a small step to L side (&) 6:00

[41 – 48] Side R, cross, ¼ L back, ¼ L into L chasse, hold, ball step, hold, together

- 1 – 3 Step R to R side (1), cross L over R (2), turn ¼ L stepping back on R (3) 3:00
4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), step L to L side (5) 12:00
6&7 Hold (6), step R next to L (&), step L to L side (7) 12:00
8& Hold (8), step R next to L (&) 12:00

[49 – 56] Side L, cross rock, R chasse, cross, ¼ L back, L back lock

- 1 – 3 Step L to L side (1), cross rock R over L (2), recover back on L (3) 12:00
4&5 Step R to R side (4), step L next to R (&), step R to R side (5) 12:00
6 – 7 Cross L over R (6), turn ¼ L stepping back on R (7) 9:00
8& Step back on L (8), lock R over L (&) 9:00

[57 – 64] Back L, R back rock, R kick ball point into monterey ¼ L, touch R together

- 1 – 3 Step back on L (1), rock back on R (2), recover fw onto L (3) 9:00
4&5 Kick R fw (4), step R next to L (&), point L to L side (5) 9:00

6 – 7 Turn ¼ L on R stepping L next to R (6), point R to R side (7) 6:00
8 Touch R next to L (8) 6:00

Start again... and ENJOY!

*** 1 restart: After count 32& on wall 3, facing 3:00:**

The last step of your coaster step is the first step of your restart.

This also means you don't turn ¼ R as you would normally on count 1

TAG End of wall 6, facing 6:00:

1 - 4 Turn ¼ R stepping R fw (1), rock L fw (2), recover on R (3), turn ¼ L stepping L to L side (4)
6:00

Contact: niels@love-to-dance.dk
