

My Girl

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA) - December 2014
音乐: My Girl - David Barnes : (Album: You, the Night and Candlelight)



INTRO: 16 counts (At the beginning of the dance and again when returning to Front Wall)

- 1 -2 Push/Lift up steps: Touch R toe and push down as you lift up on L (like tip toes) for count 1, lower weight on L on count 2 (R toe is still touching next to L)
- 3 - 8 Repeat above counts
- 9 -12 Point R to R side, hold; cross point R over L, point R to R side
- 13 Turn $\frac{1}{4}$ L stepping stepping down on R
- 14&15 Left kick ball change
- 16 Turn $\frac{1}{4}$ R as you step to L side on L with feet apart and flick R behind L

Main Dance – 64 counts

Set 1: Chasse Right, Rock Back, Recover; Chasse Left, Rock Back, Recover

- 1&2 Step R to R side, step L next to R, step R to R side
- 3-4 Rock L behind R, recover on R
- 5&6 Step L to L side, step R next to L, step L to L side
- 7-8 Rock R behind L, recover on L

Set 2: Side, Behind, Heel Jacks

- 1-2 Step R to R side, step L behind R
- &3&4 Step R to R side, touch L heel to L side, step down on L, cross R over L
- 5-6 Step L to L side, step R behind L
- &7&8 Step L to L side, touch R heel to R side, step down on R, cross L over R

Set 3: Toe Struts With Full Turn, Rock Back, Recover

- 1-2 Touch R toe into $\frac{1}{4}$ turn R, step down on R
- 3-4 Turn $\frac{1}{4}$ as you touch L toe to L side to R side, step down on L
- 5-6 Turn $\frac{1}{2}$ turn R touching R toe to R side, step down on R
- 7-8 Rock L behind R, recover on R

Set 4: Shuffle $\frac{1}{4}$ Left, Shuffle $\frac{1}{2}$ Turn Left, Rock, Recover, $\frac{3}{4}$ Turn Right

- 1&2 Turn $\frac{1}{4}$ L and shuffle forward L, R, L
- 3&4 Turn $\frac{1}{2}$ over L shoulder and shuffle back R, L, R
- 5-6 Rock back on L, recover on R
- 7&8 Turn $\frac{3}{4}$ turn R stepping L, R, cross L over R

(Restart occurs here during 3rd repetition of the dance)

Set 5: Side Point, Cross, Ball Change, Cross (2x)

- 1-2 Point R to R side, cross R over L (weight on R)
- &3-4 Side rock L to L side, recover on R, cross L over R (weight on L)
- 5-6 Point R to R side, cross R over L (weight on R)
- &7-8 Side rock L to L side, recover on R, cross L over R (weight equal on L&R)

(For styling, point to yourself on count 1 on the word "I"; point forward on count 5 on the word "You")

Set 6: Slow Full Turn Heel Bounce, Kick Ball Changes Going Back

- 1-4 With arms out, palms up, bounce on heels as you take 4 counts to make a full turn to R stepping back on L on count 4 (weight ends on L)
- 5&6 R kick ball change kicking R forward, stepping back on R, step L next to R
- 7&8 R kick ball change kicking R forward, stepping back on R, step L next to R

Set 7: Walk Forward, Step Locks Forward, Step Forward, Snap, ½ Turn

- 1-2 Walk forward R, L (ladies can “prissy walk” forward)
3&4 R step lock forward R, L, R
5&6 L step lock forward L, R, L
7-8 Step forward on R, while looking forward and snapping fingers on R touch L toe into ½ turn L

Set 8: Step Locks Forward, Out-Out, Hip Bumps

- 1&2 L step lock forward L, R, L
3&4 R step lock forward R, L, R
&5 Step L out to L side, step R out to R side (feet apart weight on R)
6-8 Bump hip to L, R, L (weight ending on L)

Begin dance again to back wall. When you finish dancing the entire dance and have returned to the front wall, you will dance the INTRO before starting the dance over.

There will also be a restart at the end of Set 4. You will definitely hear it in the music!

Bonus: You will finish to the front wall when the music ends as you turn ½ turn over R your right shoulder!

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