

This Girl's Been

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Brandi Gross (USA) - December 2014
音乐: Nobody Knows - Celeste Buckingham



Intro-16 counts (When singing starts)

[1-8] SCISSOR ½ TURN, TURN ½ R, TURN ½ R, STEP, LOCK STEP RLR, SWAY LR

- 1 & 2 Step R forward (1), Step L next to R turning ½ L (&), Step R forward prepping for turn (2) (6:00)
3 & 4 Turn ½ R stepping back on L (3), Turn ½ R stepping forward on R (&), Step L forward (4) (6:00)
5 & 6 Step R forward (5), Lock L behind R (&), Step R forward (6)
7 – 8 Step L to L swaying hips L (7), sway hips right (8)

[9-16] RUMBA BOX STEP BACK, COASTER, STEP PIVOTING ¼ LEFT, CROSS, SIDE, BEHIND, SIDE

- 1 & 2 Step L to L (1), Step R next to L (&), Step L back (2)
3 & 4 Step R back (3), Step L next to R (&), Step R forward (4)
5 – 6 Step L forward pivoting ¼ L and keep R next to L (5), Cross R over L (6) (3:00)
7 & 8 Step L to L (7), Step R behind L (&), Step L to L (8)

*Restart here on walls 3, 5, and 7

[17-24] CROSS ROCK, RECOVER SAILOR, ½ TURN L SAILOR, STEP, STEP, SWITCH FEET ON TOES, TURN ½ L SITTING HEELS DOWN

- 1 – 2 Cross rock R over L (1), Recover onto L (2) (Can roll body here for styling)
3 & 4 Sweep R behind L (3), Step L next to R (&), Step R to R (4)
5 & 6 Turn ½ L sweeping L behind R (5), Step R next to L (&), Step L forward (6) (9:00)
&7&8 Step R forward (&), Step forward on ball of L putting slight weight onto L (7), Drag L back switching feet lifting both heels (&), Turn ½ L on both balls of feet and sit heels down (8) (3:00)

[25-32] STEP BACK, STEP BACK, KNEE IN, KICK, POINT BACK, ½ L BODY ROLL, COASTER

- 1 – 2 Step L back (1), Step R back (2)
3 & 4 Turn L knee in (3), Kick L forward (&), Touch L toe far back
5 – 6 Roll upper body down and up as turning ½ L on R (5), Complete body roll with rest of body keeping weight on R (6) (9:00)
7 & 8 Step L back (7), Step R next to L (&), Step L forward (8)

* Restart after 16 counts on walls 3, 5, and 7

ENJOY!!

Please do not alter this step sheet in any way.

Contact: Brandi Gross, bgross3@vt.edu