

My Girl

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Sabine Stalder & Alice Berini (CH) - September 2019
音乐: My Girl - Michael Bolton : (iTunes)



Count In: 16 counts from start of the track

S1: Side Behind Side, Heel, Hold, Ball Cross And Cross Side, Behind Side Cross

1 - 2 Step L to left side, step R behind L 12:00
& 3 - 4 Step L to left side, tap R heel to R diagonal, hold 12:00
& 5 - 6 Step down on R, cross L over R, step R to right side 12:00
7 & 8 Step L behind R, step R to right side, cross L over R 12:00

S2: Step, Lock Step, Step Lock Step, Step, Lock Step, Step Lock Step

1 - 2 & Step R forward to R diagonal, lock L behind R, step R forward to R diagonal 13:00
3 & 4 Step L forward to L diagonal, lock R behind L, step L forward to L diagonal 13:00
5 - 6 & Step R forward to R diagonal, lock L behind R, step R forward to R diagonal 11:00
7 & 8 Step L forward to L diagonal, lock R behind L, step L forward to L diagonal 11:00

Restart Restart dance on 5th wall and replace the last step forward with a touch L beside R

S3: Rock Step, Back, Drag, Side, Touch, Triple ½ Turn

1 - 2 Step R forward, recover on L 12:00
3 - 4 Step R back, drag L towards R 12:00
& 5 - 6 Step down on L, step R to right side, touch L beside R 12:00
7 & 8 ½ turn L stepping L, R, L 06:00

S4: Spiral Full Turn, Rock Step, Coaster Step, Out Out And Touch

1 - 2 Step R forward, spiral full turn L 06:00
3 - 4 Step L forward, Recover on R 06:00
5 & 6 Step back on L, step R beside L, step forward on L 06:00
& 7 & 8 Step R in R diagonal, step L in L diagonal, step R back, touch L beside R 06:00

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