

Just A Girl

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK) & Sebastiaan Holtland (NL) - August 2022
音乐: Not Just A Girl - Shania Twain : (iTunes)



Intro: 16 cts (0:8 secs)

S1: Side Behind, Side Cross Rock 2x, Shuffle ¼ Turn L

12& LF step L, RF step behind LF, LF step L
34 RF cross rock over LF, Recover LF
&56 RF step R, LF cross rock over RF, Recover RF
7&8 ¼ L LF step forward, RF step next to LF, LF step forward (9:00)

S2: Rock Rec And Rock Rec, ½, ½ Back, Step, ¼ Turn L

12& RF rock forward, Recover LF, Rf step next to LF
34 LF rock forward, Recover RF
56 ½ L LF step forward, ½ L RF step back
78 LF step forward (9:00), ¼ L RF step R (6:00)

S3: Rock Back Rec, Triple ½ Turn R, Rock Back Rec, Kick Ball Cross

12 LF rock back, Recover on RF
3&4 ½ R LF step back, RF step R, LF step L (12:00)
56 RF rock back, Recover on LF (1:30)
7&8 RF kick diagonal R, RF step back, LF cross over RF (12:00)

S4: Side Hold And Side Hold And Rock Rec, Cross, ¼ Turn L

12 RF step R, Hold
&34 LF step next to RF, RF step R, Hold
&56 LF step next to RF, RF rock R, Recover on LF
78 RF cross over LF, ¼ L LF step forward (9:00)

S5: Rock Rec, Shuffle Back, Back, ¼ Turn R, Point L, ¼ Turn L

12 RF rock forward, Recover on LF
3&4 RF step back, LF step next to RF, RF step back
56 LF step back, ¼ turn R RF step R (12:00)
78 LF point L, ¼ L LF step (9:00)

S6: ¾ Turn L, Crossing Shuffle, Rock Rec, Behind, ¼ Turn R, Step Fwd

12 ½ L RF step back, ¼ L LF step L
3&4 RF cross over LF, LF step L, RF cross over LF
56 LF rock L, Recover on RF
7&8 LF step behind RF, ¼ R RF step forward (3:00), LF step forward

S7: Kick And Touch And Kick And Kick And Touch And Kick And Step ¼ Turn L

1&2& RF kick forward, RF step down, LF touch behind RF, LF step down
3&4& RF kick forward, RF step down, LF kick forward, LF step down
5&6& RF touch behind LF, RF step down, LF kick forward, LF step next to RF
78 RF step forward, ¼ turn L (weight LF) (12:00)

S8: Cross Side Cross ¼ Turn L (pimp walk), Step ¼ Turn L, Cross Mambo Side

12 RF cross over LF slight R bent knee, LF step L straighten L knee
34 RF cross over LF slight R bent knee, ¼ turn L LF step forward L straighten leg

56 RF step forward, $\frac{1}{4}$ L LF step L (6:00)
7&8 RF cross rock over LF, Recover on LF, RF step R

No Tags or Restarts
