

Go On, Girl!

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Dannielle Mallonee (USA) - August 2024
音乐: The Way You Make Me Feel - Michael Jackson
或: Want to Want Me - Jason Derulo
或: Promiscuous - Nelly Furtado
或: Stolen Dance - Milky Chance
或: Centerfold - The J. Geils Band



SECTION 1: WALK FORWARD R, L, KICK AND POINT L, KICK AND POINT R, 1/4 TURN PIVOT R, BODY ROLL

1,2 step forward R, step forward L
3&4 kick R recover take weight on your R point L
5&6 kick L recover take weight on your L point R
7&8 1/4 turn pivot R (on the balls of your feet) forward body roll, lead with your head followed by your chest and shoulders, then back with your head, chest and shoulders settling back into your hips, take weight on L

SECTION 2: MOONWALK (4 COUNTS), SLOW KNEE ROLLS WITH HEEL PRESS R AND L (2 COUNTS FOR EACH KNEE ROLL)

1,2,3,4 slide R toe back gliding on the floor and step down with your R, take weight. Repeat this on your L, R and L (4 counts R, L, R, L)
5,6 roll R knee out to the R while moving forward dragging your toe on the floor creating a scallop, press heel to the floor (slow knee roll for 2 counts)
7,8 roll L knee out to the L while moving forward dragging your toe on the floor creating a scallop, press heel to the floor (slow knee roll for 2counts)

SECTION 3: CROSS ROCK R OVER L, SIDE ROCK R, R SAILOR STEP, L BEHIND SIDE FORWARD

1,2 rock R across L on a slight diagonal recover on L
3,4 rock R out to R side recover on L
5&6 step R behind L, step L out to L side, recover back on R
7&8 step L behind R, step R to R side, step forward

SECTION 4: STEP FORWARD R (1) HOLD ON (2) SNAP, 1/2 TURN L (3) HOLD ON (4) SNAP, STEP FORWARD R (5) HOLD ON (6) SNAP, 1/2 TURN L (7) HOLD ON (8) SNAP

1,2 step forward R for 1 hold on 2 and snap your fingers
3,4 make a 1/2 turn over your L shoulder for 3 and hold for 4 and snap your fingers
5,6 step forward R for 5, hold for 6 and snap your fingers
7,8 make a 1/2 turn over your L shoulder for 7 hold for 8 and snap your fingers START DANCE AGAIN □

REPEAT ADD SOME STYLE AND HAVE FUN! Any questions email kickupthedustwithwiggles@yahoo.com

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