

My Girl

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dawn Dennell (UK)
音乐: My Girl - Alabama



For "My Girl" only, on the 3rd wall only omit last 16 counts (hip sways) start dance again after body roll

ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

- 1 Rock forward onto right foot
- 2 Return weight to left foot
- 3 Step back on right foot
- & Slide left foot beside right
- 4 Step back on right foot
- 5 Rock back onto left foot
- 6 Return weight to right foot
- 7 Step forward on left foot
- & Slide right foot beside left
- 8 Step forward on left foot

RIGHT KICK-BALL-CHANGE, STEP OUT STEP IN SWIVEL TO LEFT

- 9 Kick right foot forward
- & Return to place
- 10 Transfer weight to left foot
- & Small step to right with right foot
- 11 Small step to left with left foot
- &12 Return right foot to place, return left foot to place
- 13 Feet together, twist both heels to left
- 14 Swivel both toes to left
- 15&16 Swivel both heels to left, both toes to left, both heels to left

(The more experienced dancers will do a pigeon toe walk to left instead)

GRAPEVINE RIGHT ¼ TURN RIGHT ½ PIVOT TURN RIGHT TURNING SHUFFLE TO RIGHT

- 17 Step right foot to right
- 18 Cross left foot behind right and step
- 19 Step right foot to right turning ¼ turn to right
- & Small step forward on left foot
- 20 Small step forward on right foot
- 21 Step forward on left foot
- 22 Pivot ½ turn to right
- 23 Step forward on left foot starting turn to right
- & Step right foot next to left continuing turn
- 24 Step left foot next to right to complete ½ turn to the right

ROCK STEP, SHUFFLE, ROCK STEP, COASTER STEP

- 25 Rock back onto right foot
- 26 Return weight to left foot
- 27 Step right foot forward
- & Slide left foot beside right
- 28 Step right foot forward
- 29 Rock forward onto left foot
- 30 Return weight to right foot

- 31 Step back onto left foot
- & Step right foot next to left foot
- 32 Step forward onto left

ROCK RIGHT, CROSS AND SHUFFLE, ROCK LEFT, CROSS AND SHUFFLE

- 33 Step right foot to right
- 34 Rock weight onto left foot
- 35 Cross right foot over left and step
- & Small step to left with left foot keeping feet crossed
- 36 Small step to left with right foot keeping feet crossed
- 37 Step left foot to left
- 38 Rock weight onto right foot
- 39 Cross left foot over right and step
- & Small step to right with right foot keeping feet crossed
- 40 Small step to right with left foot keeping feet crossed

POINT RIGHT, LEFT, HEEL TOE, ½ TURN TO LEFT BODY ROLL

- 41& Touch right toe to right, return to place
- 42& Touch left toe to left, return to place
- 43&44 Tap right heel forward, return to place, touch left toe back
- 45-46 On balls of both feet pivot ½ turn to left (2 counts)
- 47-48 2 count body roll forward starting with hips and ending with weight forward on left foot

STEPS FORWARD WITH HIPS AND TOUCH

- 49 Step forward on right foot angling body slightly left and push hips right
- 50 Push hips to left
- 51 Push hips right
- 52 Touch left foot next to right foot
- (The hip moves are performed with a swaying motion so bend knees slightly)**
- 53 Step forward on left foot angling body slightly right and push hips left
- 54 Push hips to right
- 55 Push hips to left
- 56 Touch right foot next to left foot

STEPS FORWARD AND HIPS AND TOUCH

- 57 Step forward on right foot angling body slightly left and push hips right
- 58 Push hips to left
- 59 Push hips right
- 60 Touch left foot next to right foot
- (The hip moves are performed with a swaying motion so bend knees slightly)**
- 61 Step forward on left foot angling body slightly right and push hips left
- 62 Push hips to right
- 63 Push hips to left
- 64 Touch right foot next to left foot

REPEAT
