

Old Fashioned Girl

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Trinity Chan (MY)
音乐: All Woman Girl - Victoria Boland



Sequence: Intro, AB, ABC, BAC, B (1-16), B (1-16), Ending

INTRO

Start after the 1st eight counts of music

1-8 Roll left knee in, roll right knee in, repeat 4 times
9-16 Bounce left heel 4 times, bounce right heel 4 times

PART A

LEFT AND RIGHT STEP/SLIDE COMBINATION

1-2 Step forward with left foot, slide right foot to heel of left foot
3-4 Step forward with left foot, touch right toe to left heel
5-6 Step forward with right foot, slide left foot to heel of right foot
7-8 Step forward with right foot, touch left toe to right heel

ROCK STEPS, ½ TURN TRIPLE

1-2 Rock forward on left, rock back onto right
3&4 Triple step ½ turn left stepping left, right, left
5-6 Rock forward on right, rock back onto left
7&8 Triple step ½ turn right stepping right, left, right

DIAGONAL STEPS FORWARD AND BACK

1-2 Step left diagonally left, touch right beside left, (simulate imaginary phone to ear)
3-4 Step right diagonally back, touch left beside right
5-6 Step left diagonally back, touch right beside left
7-8 Step right diagonally forward, touch left beside right

STEP TURNS WITH TOUCHES AND CLICKS OF FINGERS

1-2 Step ¼ turn left with left foot, touch right to left and click fingers at eye level
3-4 Step back ¼ turn left with right foot, touch left next to right and click fingers at eye level
5-6 Step ¼ turn left with left foot, touch right to left and click fingers at eye level
7-8 Step back ¼ turn left with right foot, touch left next to right and click fingers at eye level

PART B

STEP SIDE HOLD, CROSS HOLD

1-2 Step left to left side as you look to left side, hold
3-4 Cross right over left as you look forward, hold
5-6 Step left to left side as you look to left side, hold
7-8 Cross right over left as you look forward, hold

Arm movements: left elbow bent with left hand holding waist, right palm holding back of head on right side

ROCK, RECOVER, CROSS, HOLD, STEP SIDE, HOLD

1-2 Rock to left side, recover on the right
3-4 Cross left over right as you look forward, hold
5-6 Step right to right side as you look to the right side, hold
7-8 Cross left over right as you look forward, hold

STRUT BACK, STRUT ½ TURN LEFT, QUICK SHUFFLE FORWARD, STEP AND PIVOT ½ TURN RIGHT

- 1-2 Point to yourself as you step back on ball of right, step down on right
- 3-4 Step back on ball of left, make a ½ turn left on ball of left keeping weight on left
- 5-6 Quick shuffle forward right, left, right
- 7-8 Step forward left, pivot ½ turn right

PART C

DIAGONAL LOCK STEPS LEFT ENDING WITH A SCUFF, DIAGONAL LOCK STEPS RIGHT ENDING WITH A SCUFF

- 1-2 Step diagonally forward on left, lock right behind left
- 3-4 Step diagonally forward on left, scuff right forward
- 5-6 Step diagonally forward on right, lock left behind right
- 7-8 Step diagonally forward on right, scuff left forward

ROCK STEPS, ½ TURN TRIPLE

- 1-2 Rock forward on left, rock back onto right
- 3&4 Triple step ½ turn left, stepping left, right, left
- 5-6 Rock forward on right, rock back onto left
- 7&8 Triple step ½ turn right, stepping right, left, right

SWEEP STEPS, HOLD

- 1-2 Sweep left behind right, rotating body ¼ turn left, weight on left, hold
- 3-4 Sweep right behind left, rotating body ½ turn right, weight on right, hold
- 5-6 Sweep left behind right, rotating body ¼ turn left, weight on left, hold
- 7-8 Sweep right behind left, rotating body ½ turn right, weight on right, hold,

You are now facing 6:00

DROP DOWN AND UP, MONTEREY TURNS, DROP DOWN AND UP

- 1-2 Drop down and up not moving feet but by bending knees
- 3-4 Touch right toe out to right and pivot ½ turn right on ball of left foot and step right next to left
- 5-6 Touch left toe to left, step left next to right
- 7-8 Drop down and up not moving feet but by bending knees, (you are now facing 12:00)

RIGHT SIDE STRUT WITH ¼ TURN RIGHT, CROSS STRUT

- 1-2 Step right toe to ¼ turn right, drop right heel
- 3-4 Cross left toe over right, drop left heel
- 5-6 Step right toe to ¼ turn right, drop right heel
- 7-8 Cross left toe over right, drop left heel

STRUT BACK, STRUT ½ TURN LEFT, SWING HIPS RIGHT AND LEFT, HOLD, HOLD

- 1-2 Step back on ball of right, step down on right
- 3-4 Step back on ball of left, make ½ turn left on ball of left keeping weight on left
- 5-6 Sway hips to the right, sway hips to the left
- 7-8 Hold for 2 counts, meanwhile hands making action of opening a door and showing the "out" sign

ENDING

STRUT BACK, STRUT ½ TURN LEFT, QUICK SHUFFLE FORWARD, STEP AND PIVOT ½ TURN RIGHT, HOLD

- 1-2 Step back on ball of right, step down on right
- 3-4 Step back on ball of left, make a ½ turn left on ball of left keeping weight on left, (point finger to yourself)
- 5-6 Quick shuffle forward, right, left, right
- 7-8 Step forward left, pivot ½ turn right
- 9-12 Hold for 4 counts

STEP, HOLD, CROSS, HOLD

- 1-2 Step left to left side as you look over your left shoulder, hold
- 3-4 Cross right over left as you look forward, hold
- 5-6 Step left to left side as you look over your left shoulder, hold
- 7-8 Cross right over left as you look forward, hold

Arm movements: elbows bent at the sides with palms up, Bat your eyelids this time around

ROCK, RECOVER, CROSS, HOLD, STEP SIDE, HOLD

- 1-2 Rock to left side, recover on the right
- 3-4 Cross left over right as you look forward, hold
- 5-6 Step right to right side as you look over your right shoulder, hold
- 7-8 Cross left over right as you look forward, hold

DIAGONAL CROSS STEPS, HOLD, REPEAT 4 TIMES

- 1-2 Cross right foot diagonally over left, hold
- 3-4 Cross left foot diagonally over right, hold
- 5-6 Cross right foot diagonally over left, hold
- 7-8 Cross left foot diagonally over right, hold

FULL TURN TO THE RIGHT IN 4 COUNTS

- 1-4 Full turn to the right in 4 counts ending with knees bent for a "Chicago" movie style pose or any pose that you feel comfortable with
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