

T-Girl

拍数: 32 墙数: 2 级数: Beginner west coast swing
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音乐: Tennessee Girl - Sammy Kershaw



RIGHT KNEE ROLLOUT, LEFT KNEE ROLLOUT, KICK-BALL-CHANGE, RIGHT KNEE ROLLOUT, LEFT KNEE ROLLOUT, KICK-BALL-CHANGE

1-2-3&4 Right knee roll out (to the right) (weight left), left knee rollout (to the left) (weight left), kick forward right, step down on ball of right, change weight to left
5-6-7&8 Repeat 1-2-3&4

RIGHT SAILOR STEP MOVING BACKWARDS, LEFT SAILOR STEP MOVING BACKWARDS, SKATE RIGHT, SKATE LEFT, TRIPLE RIGHT DIAGONAL

1&2 Step right behind left (moving slightly back) (extended 5th position heel to toe), side step left (moving slightly back) side step right (moving slightly back)
3&4 Step left behind right (moving slightly back) (extended 5th position), side step right, (moving slightly back) side step left
5-6-7&8 Slide right foot diagonal right, slide left foot diagonal left, triple right, left, right

LEFT ROCK RECOVER, TRIPLE ½ TURN LEFT-RIGHT-LEFT, RIGHT JAZZ BOX

1-2 Rock forward on left, recover on right
3&4 Turn ¼ over left shoulder step left, turn ¼ over left shoulder step right, step left forward
5-8 Step right over left, step back left, side step right, step forward left

STEP RIGHT, POP KNEE, STEP, BRUSH, STEP LEFT, POP KNEE, STEP, BRUSH

1-4 Step forward right, slide left foot up to right stepping on left, popping right knee, step right forward, brush left
5-8 Step forward left, slide right foot up to left stepping on right, popping left knee, step left forward, brush right

REPEAT

TAG

At the end of the 2nd wall, do the following:

RIGHT JAZZ BOX ¼, SKATE, SKATE TRIPLE RIGHT DIAGONAL

1-4 Step right over left, step back left, turn ¼ right step right to right side, step forward left
5-6-7&8 Slide right foot diagonal right, slide left foot diagonal left, right diagonal triple right, left, right

LEFT JAZZ BOX ¼, SKATE, SKATE TRIPLE LEFT DIAGONAL

1-4 Step left right over, step back right, turn ¼ left step left to left side, step forward right
5-6-7&8 Slide left foot diagonal left, slide right foot diagonal right, left diagonal triple left, right, left

ENDING

At the end of the 8th wall, insert the previous 8 counts (knee pops). Then step forward right, slide left foot up to right, stepping on left, popping right knee, step right forward, brush